

NARCOTICS ANONYMOUS

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NEWSLETTER !!!

FROM ONE MAN'S OPINION

It has always seemed to me that the people that are involved in the N.A. program are some of the happiest people. But why aren't there more happy people? That is a question that only 2% of the people ask. We all have good ideas on how to better our program, but so many ideas never make it past the thought stage. You may say that what your now reading is bunk, but how many of you have given anything to your group? Or have given up one night a month at a G.S.R. Business Meeting? Or maybe if you have been asked to do something, have followed it through? Again you may say to yourselves, "But why should I, I don't get paid for it?" or "What's in it for me?" I guess I get on a rampage only because of what was given to me. The facts are plain. I AM CLEAN & SOBER TODAY, and for many days. It stems from the many things people said to me when I first walked through the doors; Keep coming back!; One day at a time; Think; Easy does it; What Step are you on?; Action is the magic word. Now anyone who goes to the other fellowship may still hear these words, but it seems like N.A. folks aren't willing to say them for fear of having to do them. I guess what's in it for me is the feeling that I, for once in my life, am doing something not only for myself, but for someone else. To a newcomer this may sound good, but for someone who has been around for a while, I may be blowing a horn. But what ever way it is taken, ask yourself; How grateful am I? or Could I be happier? If you find yourselves wondering, perhaps the shoe fits. Please try it on and give to N.A. your own life.

Mel H.

FROM THE INSTITUTIONAL COMMITTEE

I'm pleased to announce that all functions of the committee are doing well. And as soon as C.R.C. Men's side opens again we will be acting in full force. Many other institutions are looking for programs that may be meaningful. It seems that N.A. is in demand in all cases. The only hang-up is finding bodies that are willing to share in this great experience. Y.T.S. will soon be added to our group of institutions. This means that again the Institutional Comm. will be in search for new and excited people to help when the hand reaches out. My compliments go out to those who have given up their time. I still ask for help from those who may be interested. If so, please contact Mel at 944-2983 after 6:30 for more info.

LIVING ONE DAY AT A TIME

Knowing that I can find warmth & friendship in this day is a day well lived for me. For I can make the best out of this day no matter what happens. I can live this day a little more positive than yesterday. And since I live one day at a time, I will live this day in happiness, instead of sorrow, because I might not be here tomorrow.

Cyd G.

LAURIE'S NEWSLETTER

I've heard it announced at meetings that we need articles for our quarterly newsletter (which I think should be every month) so here's my contribution.

I wish to express my sincere gratitude to the strength and hope of members of this fellowship, giving me my first year sober. Everything I have today, I owe to this program.

Thank you J.C., my sponser, for a fun time Halloween!

I also wish to stress, personally, the importance of all members to support your Central Office... I think it's just terrible (Jody agrees - huh Jody?) the amount of money being turned in as compared to the amount of meetings in attendance!

El Monte get on the Ball! What happened to Boyle Hts. - East L.A.? Where's our Monday night Women's Stag? Come on you nickle-dime jive time mother f-----, remember where we came from. Attend your G.S.O. meetings. Reps, if your meeting doesn't have a representative, get one.

Well it's Xmas time again and I find myself reflecting on Xmas past. I remember when I walked through the doors of Impact, a year ago, Dec. 2, '71. I was unwilling, afraid, hateful, spiteful, sick, dirty, ragged, smelly, a lot like most of the people that came in there. The worst of em all I hear, was Ben W., the present exec. director of that very successful drug recovery house.

This is a story as true as I can explain, about my recovery through N.A. at Impact. Since that day a lot has happened with N.A. my life.

The only way I could work any program, with my attitude at that time, was with much resentment. I resented staying, I resented working in the kitchen, I resented Nolan, I resented getting up in the morning, I resented Mary Ann just because she was female, but the resentment that saved my life was my resentment against Ben. For 3 mo. I stayed at Impact, and hated every minute and everybody, only looking forward to when I could stop my games and get the hell as far away as I could from N.A.! As time passed and I couldn't manipulate a way to get loaded and get away with it, I heard Ben's story. What a MESS! I didn't believe it, no dopefiend-drunk in that shame could be so clean! And besides that, he seemed to know what motivated me, and when I snapped to him manipulating me - I was pissed and I started to think about it. I had been clean 3 mo., the longest period of time since I started using. I had a sponser at the time, and suddenly became aware of some good feelings for the first time, Joyce. I don't know why but I started asking myself why would she, a stranger really want to help me, spend time with me. Was she "caring"? What was there about me for someone to care about - Had someone cared about Ben enough to where he stayed clean, "for them"? Anyway I didn't recognize the feeling, but I felt it whenever I was with my sponser. I began to care. I craved that feeling more and more and talked to her a lot. The more I talked to her, the more that feeling grew within me and I learned to care for myself.

I understand now wanting more of something and doing what I had to do to get it was care about myself. The difference in my "caring" was in something that made me feel good, as drugs had made me feel good, only natural, right? Then I realized that no matter how bad I was feeling when I talked with her, she seemed to feel good. How did she do that? Then I began to work and feel the impact of the 12 Steps. Gradually, over a period of months, containing many good experiences for me, I "came to believe" in my God. God, the first time since I came to the program I could call him my Higher Power. Throughout this past year, I can now see how my HP has worked through people on the program and me to give me what I have today. Today for the first time, I can remember I feel a type of fulfillment in the me I have begun to know. The relationship I have with my 3 yr. old son is one I know I could never have had if I continued to take drugs. The friends I have today are irreplaceable as people I know. Money, home, car, my relationships with my family are something I don't want to give up. I don't want to because of the feelings I have about them. I don't want to give them up because they're good to me, good to me like my dope was in the beginning. I will continue to work this program as I continued to use drugs as long as it stays good to me. I sincerely believe what Bob B. says, If I continue one day at a time, to work this program in its entirety and continuity, it will stay good most of the time and I'll keep coming back.

I would like to compliment all of this last years GSO officers for the efforts they have given to help stabilize N.A. and wish this years officers lots of luck in continuing with every sincere effort.

FOR YOUR INFORMATION

Minutes to the GSO meetings may be obtained upon request from Central Office. If you can't get out there, tell your group rep. to get them for you. If you don't have a meeting Rep. elect one.

If you've got 6 months clean, contact one of the panel chairman or Mel H. and get behind institutional work.

If you're ready to start giving what you've taken from N.A., go to a Business meeting - get on a Committee.

Lets stick together as "hope to die" dope fiends, and 'Hope to die" working this program.

Norm. S. had his 9th year at La Mirada in December. Happy Birthday Norm!! WOW!

Happy first year to our devoted secretary down at the N.A. Office that's worked so hard.

If you'd like to know what N.A. has been doing this past year financially, the records are open at Central Office. Effort being made to those involved in fund raising for the office are becoming fruitful.

Speaking of money -- Central Office needs some. Any green stuff (spendable, not leafy), perhaps a percent of what we used to spend on drugs, would be much appreciated, if we're to maintain our office rent and secretary. You know, secretaries gotta eat - right Julie?

Laurie L.

NEXT NEWSLETTER PRINTED IN MAY '73

MY 24 HOURS

Today I was free of drugs because I didn't take any. I didn't take any because I was happy. I was happy because I didn't worry about my past due rent and remembered to thank God for protecting my children (instead of asking that they be at my side). I also took time to be silently grateful for the God-given friends I've found in N.A. and especially for their unquestioning help when I was troubled and disturbed in my new-found sobriety. I was grateful because for the 1st time in over 25 years I didn't think about the illusionary joy and fulfillment that the 'white horse' promised but remembered these things because I used this 24 hrs. to grow up a little bit more and regretted it less. I savored the beauty of the rain, the satisfaction of work, and the simple delights of comradeship. But today I was sober mostly because once again I threw in the needles and pills of sickness and sorrow. I reopened by gift of sane sobriety, tenderly wrapped by the God of my understanding, stamped "ever so fragile-handle with care" and sent with love through the members of this program only because --- I asked for it.

Anonymous

NOTHING IS SOMETHING TO DO

Nothing is something to do...When there's nothing else to do. Doing nothing is something you feel like doing...Nobody ever makes you do it or tells you why... It's fun to do nothing because you never do it on purpose... You do it anyway...Your never plan to do nothing...It's just something you do next... You don't have to do it right away... You don't even have to do it right later... Doing nothing is like finding something you never looked for... and throwing it away if you want to. You can do nothing all by yourself... You don't even need help from anyone... Sometimes when you're with a friend and you both don't know what to do... You can do nothing together... Doing nothing is something that you never make happen... It just happens all by itself... Doing nothing is something you do your own way... You don't have to lose... Did you ever let your feet take you where they wanted to go not looking where you were going and not looking back to where you've been? That's what doing nothing is like... Nothing is something that you don't have to do right because there's no wrong way to do it, and you never have to do it over again... When you think about doing something you have to go and do it and when you have to do something it's no fun anymore... Nothing is something that you never get tired of doing but sometimes, sometimes you can get all tired out from doing it. Let's do something....

Brenda L.