

When I walked into these rooms
 Battered and bruised
 Empty, afraid, lost and confused
 A hug and a smile- you said
 "Keep coming back"
 You gave me back the love that I
 lack

I started to grow up
 I started to care
 Not just a body occupying a chair
 I learned to become happy
 Joyous and free
 I learned its ok to just be me!



-Tria R.

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THE VOICE of



The North City Area of Narcotics Anonymous
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Subcommittee

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- Gale M.

Mission Statement:

With gratitude in our recovery, we dedicate our newsletter in the loving service of our Higher Power. That through the development of a conscious contact with God, no addict need die without a chance to find a better way of life. We remain trusted servants in gratitude and loving service.

Renewing our Recovery...

Step Ten: we continued to take personal inventory and when we were wrong, promptly admitted it.

"It works, if you work it," is an expression that I hear often in the rooms of NA and it comes to mind when I think of my experience with Step 10. What evolved for me in the process of working this Step was a set of questions which I use to look at myself, my thinking, and my actions. Many of the questions come from IP #9 - Living the Program. I use a structured format, based on our literature, because my own self-evaluation, based on my own way of thinking, is what led me to seek escape through using!

Our Basic Text says that "the first thing we do is stop!" (p.42) To me, this means to pause the stream of thoughts going on in my mind and then I can go ahead with examining my day using the following questions...

What were my positive, recovery-oriented thoughts today?

Did I get stuck in negative thinking or obsess about others today?

Did I harm myself or others today?

What action did I take to get my thinking back on track?

Did I make amends?

Did I talk to my sponsor and/or other recovering addicts today?

Which steps did I consciously work?

Did I pray or meditate today?

What did I do for my recovery today?

How did I enjoy life today?

Did I share my experiences, strengths and hopes?

These are the questions which I answer to work this step and this is what works for me today. I am just one addict sharing my experience. I worked this step with my sponsor and using NA literature to develop a structure which is both complete and manageable for me at this point in my recovery. It had to be something workable for me or I wouldn't work it! My list of questions and my method of working this step is always subject to change as I continue to recover and have different life experiences. More will be revealed!

I have come to see that promptly admitting when I am wrong can be a great freedom. One of the other great gifts of working this step for me has been the practice of acknowledging myself for the things am I doing right. As our Basic Text puts it, "we often find that we've been doing better than we've been feeling." (p.42)

-Brent F. Apr. 6, 07

WHAT A CONCEPT!

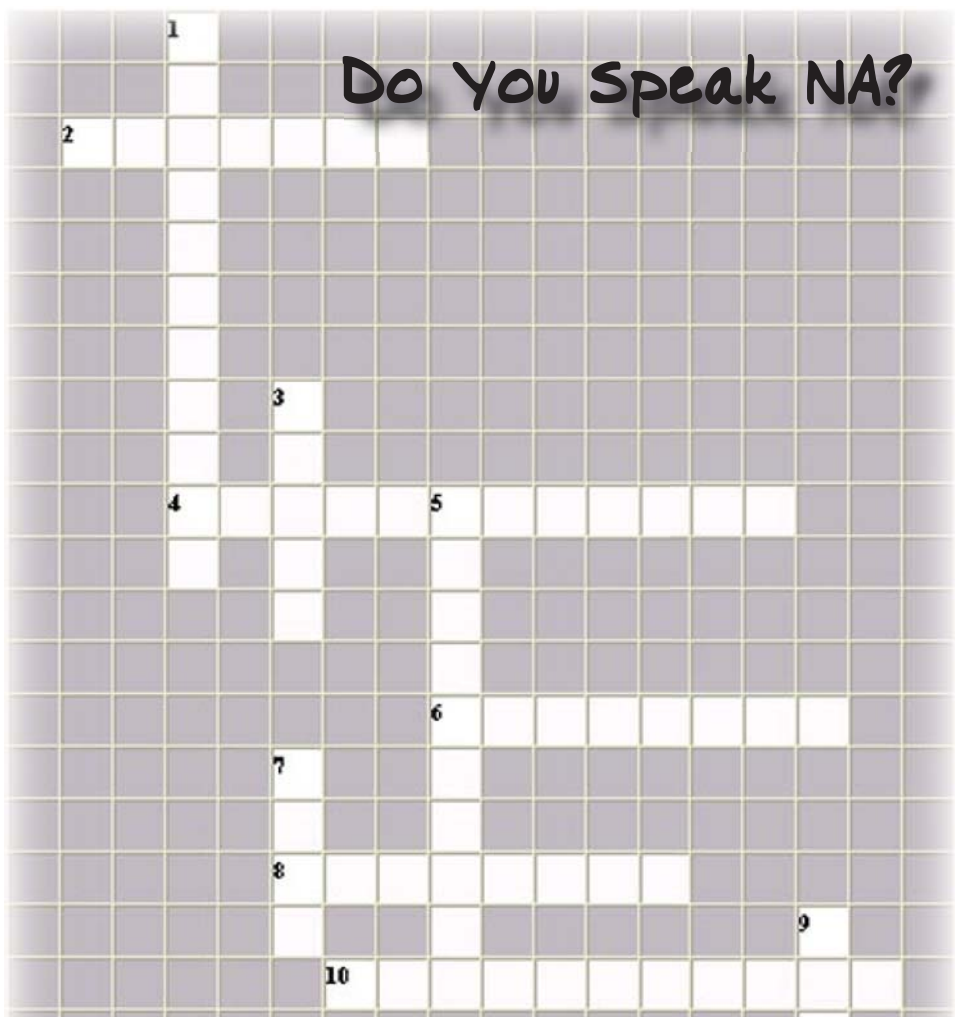
Maybe hearing about the 12 Concepts of Narcotics Anonymous is a first for you. Starting this month, the North City Newsletter Subcommittee has voted to dedicate a portion of this periodical to one of the 12 Concepts of NA. Our Twelve Concepts are guiding principles for our service structure. The Twelve Concepts, together, help ensure that our fellowship's service structure remains forever devoted to service, not government.

This month, we are focusing on the **Tenth Concept: Any member of a service body can petition that body for the redress of a personal grievance, without fear of reprisal.**

The following excerpts were selected from the 12 Concepts booklet. They highlight the spiritual nature and essential importance of this concept.

"The Tenth Concept is our fellowship's guarantee of respect for the individual trusted servant. ..Narcotics Anonymous is a spiritual society, with high ideals for how we treat each other. Our members, however, are only human, and we sometimes mistreat one another...Together, the Ninth and Tenth Concepts support an atmosphere in which our members feel free to express themselves frankly on matters at hand. This open atmosphere is essential in developing an effective group conscience. If, after having demonstrated the courage of their convictions, individuals become the subject of reprisals initiated by those who have disagreed with them, the Tenth Concept allows them to petition the appropriate service body for redress of their grievance...In a fellowship such as ours, whose success is based upon mutual support and cooperation, that kind of respect for the individual is indispensable."

-12 Concepts booklet pg. 12



- Down**
1. Cheerful compliance
 3. Opposite of fear
 5. Guidelines of NA
 7. Something unattainable in the program
 9. Desire accompanied by expectation

- Across**
2. A process of personal degeneration
 4. An inner sense of something greater than oneself
 6. Repetition of the same behavior while expecting different results
 8. A process of personal growth
 10. Absence of hope

TENTH TRADITION: ONE ADDICT'S EXPERIENCE

“Narcotics Anonymous has no opinion on outside issues; hence the NA name ought never be drawn into public controversy.”

Could you imagine what would happen in NA held opinions on issues outside the realm of our program; some members who disagreed would surely be alienated many addicts would die. When we express opinions on outside issues publically or within NA we open the fellowship to controversy that could destroy us. By practicing this tradition we help our members hold focus on our common purpose to carry the message to the addict who still suffers. Last year, I had a startling discovery on how an outside issue almost got me killed. Have you ever thought about how when we take the focus off our own recovery and focus on the problems of others or someone else’s recovery or, better yet, lack of recovery we are in violation of this tradition in our personal program? What I mean is when one addict sacrifices his or her program and focuses on another person’s program to the point of fix, manage, and control, they dilute their own recovery and start forming opinions that are outside the scope of carrying a message of recovery. When I made this decision to try to fix, manage, and control another person’s recovery, my relapse process began. It was not long before my obsession with this person lead me to feel great pain and lose touch with my Higher Power and the spiritual principles of NA. I ended up using and almost died.

Today, I do my best to share my own personal experience in recovery without giving the impression I am stating

Tenth Tradition (cont.)

an NA opinion. I also do my best not to involve myself to the point of fix, manage, and control when it comes to carrying the message of Narcotics Anonymous.

There are many outside issues that are important to me: politics, religion, career, and more. They need to stay my issues and not NA's issues. Just ask yourself what would happen if NA had opinions on outside issues; there would be no time for recovery. I'm an addict. My name is Dave.

-Dave S.

Activities

Sunday 4/22/2007

Illinois Valley Area Bowling Starting at 2 pm Dickenson House 440 Dale Ave. Oglesby, IL
Take I-80 W to I-39 S, Exit 54 toward Oglesby. Turn L (East) onto Walnut St go 1.5 miles. Turn R (South) onto Date. Dead ends at Dickenson House

Friday 4/27/2007

Mid City Area Monthly Social 8 pm - 2 am Homan Square 3333 W Arthingtoon Chicago, IL
Donation \$3. Recovery, Fun, Cards, Dancing, Fellowshiping. Free parking

Friday 4/27/2007

Illinois Valley Area Fellowship Game Night 8:00 PM to 11:00 PM St. Thomas Episcopal Church 317 Goold Park Drive Morris, IL
Admission free. Bring snacks to share

Saturday 4/28/2007

West Suburbs Paintballing Starts 9 am Fox Valley Paintball Millbrook Rd (see flyer for directions)
Millington
Cost \$20 with equipment, \$25 dollars without equipment

Saturday 4/28/2007

CRSC Review of new "Youth and Recovery" IP 12:00 noon - 2:00 pm CSO 1701 S First, Ste 508A Maywood, IL
Help review the newest NA Information Pamphlet

Saturday 4/28/2007

No Addict Need Ever Die Group A Taste of NANED 10 am - 6 pm Evan Spiritual Church 5130 west 25th Cicero, IL
\$5 for food pop and water extra

May

Sunday 5/6/2007

Working the Steps Group of Illinois Valley Area Shooting Pool 4 pm - until ??? CW Billiards 24461-65 Eames St (Rte 6) Channahon, IL
\$10 per person no time limit. Click on link for flyer or call IVANA help line at 815-883-8677

Friday 5/11/2007

West Suburbs N.A. Bowling for Unity 10:30 P.M. till 12:30A.M. Brunswick Zone 1555 W 75th St Woodridge, IL
Cost \$9.00 per person with shoes included.. Bowl as many games as you can for two hours.

Saturday 5/19/2007

Joliet Area Sharing a Gift Once Again 12 noon - 1 am Joliet Job Corps 1101 M Rd. Joliet, IL
\$5.00 for dance (9pm-12:30am)
Speakers, Refreshments for sale, Drawing and dance

Friday 5/25/2007

Mid City Area Monthly Social 8 pm - 2 am Homan Square 3333 W Arthingtoon Chicago, IL
Donation \$3. Recovery, Fun, Cards, Dancing, Fellowshiping. Free parking



-Photo by Elycia I.

Milestones

Pete P. has 17 years on April 16!

Darleen Q. celebrates 20 years clean on April 21!