

Graphic Gestation



“That wordless language of recognition, belief and faith, which we call empathy, created the atmosphere in which we could feel time, touch reality and recognize spiritual values long lost to many of us.”

-Basic Text pg. 85



The Voice of NA

The North City Area of Narcotics Anonymous
Chicago, IL: January/ February Edition
Volume 1; Issue 10

Contents

Seventh StepPages 1&2
Seventh Tradition
.....Pages 2&7
Drug Replacement....Page 2
Brain BuilderPages 4&5
Visions of HopePage 6
Milestones.....Page 6
Useful Information....Page 6
Activities.....Page 7
Graphic Gestation.....
.....Page 8

The Seventh Step: A Moment of Clarity

WARNING: WHAT YOU ARE ABOUT TO READ COULD BE POTENTIALLY VALUABLE TO YOUR RECOVERY.

Time: 11:35am
Day: Saturday
Date: December 30, 2006
Location: Starbucks
(specifics are classified).

Subcommittee
Carolyn S.
Chris M.
Hugh C.
Maria S.
John T.
Bob
Terry R.

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.

Subcommittee Contact Info:
Phone: Carolyn S. @
847-970-2141
Email: TheVoiceofNA@aol.com
Narcotics Anonymous web page
in the Chicagoland area:
www.chicagona.org
NA Helpline:
708/ 848-4884

Terry R: So what's the difference between a character defect and a shortcoming anyway?
Hugh C: Well, the literature tells us that character defects are those things that drain us of all our time and energy while causing pain and misery all our lives. The shortcoming is when we act out on one of those defects.

T: I remember some guys suggested doing the opposite of what I would normally do in response to my defects.
Maria C: Yeah! I have to hop up and do the opposite right away. When I take that action immediately, it helps me to feel spiritual principles in my heart.

Carolyn S: The brain will never touch what the heart feels.

H: My sponsor teaches me that to do the opposite of a defect is to be living in response to it. Therefore, there is no room for God to come in. Instead, if I surrender my defects to God, he is able to come in and provide a range of emotions and choices. As a result, I am given not just black and white, but the spectrum of grey.
T: Like my defect of isolating, for example. Sometimes I don't want to isolate but I get stuck. I know I should do something and so I pray, take a shower, and get in my car.
M: I can ask God for the willingness to practice the spiritual principle that neutralizes my defect.
C: By that same token, if we do pray for the willingness, we can be sure that we already have the desire. If I prayed for it, a part of me must want it, and that is the part I want to cultivate.

SEVENTH TRADITION: BY THE BOOK

"EVERY NA GROUP OUGHT TO BE FULLY SELF-SUPPORTING, DECLINING OUTSIDE CONTRIBUTIONS."

"The principle of self-support is the privilege to contribute our fair share wherever we are involved. Contributing to the welfare of the relationship gives us the feeling that we are part of something greater than we are so we give something to each of our relationships. Sometimes we give money, emotional support, or enormous physical effort and we know that we can't really lose by doing this. The rewards from everything we do multiply and return to us when we least expect it. Many addicts contribute to society both within the Fellowship and at-large in ways that aren't glamorous or important. We can be of service no matter what our 'job' may be. It helps if we look for the ways that what we do can affect and enrich the lives of others. We must be careful not to let our job, education or our perceived 'station in life' distort our perception of reality. Feeling either superior or inferior is a good indicator that we have a lack of humility. Each of us has unique talents and abilities and sharing them with the world is our responsibility."

- "The NA Way of Life" pg.96
(Continued on page 7)

"An addict shares, 'Giving of myself is a new concept in my life. In the past, I would always try to buy your attention, friendship, etc. The self-support that this tradition talks about has a lot more to do with home group members giving of themselves in service than it has to do with money we put in the basket. The commitment of sharing 'myself,' 'my being' with you is one of the most effective antidotes to self-centeredness and egocentricity that I have found.'

- "The NA Way of Life," pg. 199

Activities

Saturday 1/20/2007

No Addict Need Ever Die Group Winter Speakerthon & 20th Anniversary Fish Fry Fundraiser 10 am - 6:30 pm
Evan. Spiritual Church 5130 west 25th Cicero, IL
See flyer for details.

Saturday 1/20/2007

CRSC NA Basic Text 6th Edition Review (Book 2) 12:00 noon - 2 pm (approx) CSO 1701 S First Ave, Ste 502 Maywood, IL
Help review the draft edition of this new NA Literature with other addicts.

Saturday 1/20/2007

West Suburban Area Skiing 9 am till dark Wilmot Mountain see map on flyer Wilmot, WI
Meet at fireplace at 9 am in Ski Lodge. Cost \$45 lift ticket lesson and ski rental.

Saturday 1/27/2007

Illinois Valley Area Bowling Starting at 8 pm
Bedford Lanes 220 Bedford Road
Morris, IL

Saturday 1/27/2007

CRSC NA Basic Text 6th Edition Review (Book 2) 12:00 noon - 2 pm (approx) CSO 1701 S First Ave, Ste 502 Maywood, IL
Help review the draft edition of this new NA Literature with other addicts.

February

Friday 2/9/2007

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 2/10/2007

CRSC NA Basic Text 6th Edition Review (Book 2) 6 pm - 8 pm South City 7508 S. Saginaw: Chicago, IL
Help review the draft edition of this new NA Literature with other addicts.

Visions of Hope



Milestones

**Rosemary S. Had a birthday on
December 31st, 2006!**

Bridget W. celebrates 18 months clean on 12/30/06

Hugh C. turned 46 years old on 12/31/06

**Katrina B will celebrate 7 years of clean-time at Stay
Alert to Stay Alive on Friday 1/19/07.**

Useful Information

The North City Area is in Dire need of a Vice Treasurer. The clean-time requirement is two years clean and the willingness to come to Area Monthly Meetings. Responsibilities include: having a job, access to a computer, and the willingness to learn some basic book-keeping programs and principals.

Anyone with the willingness can call Hugh C. at 773-271-7336 or come to the next Area Meeting.

Drug Replacement

Our Third Tradition says, "The only requirement for membership is a desire to stop using." Who are we to judge the quality or authenticity of another member's desire? An addict participating in a drug-replacement program demonstrates his or her desire to stop using when he or she attends NA meetings. Our Basic Text's essay on the Third Tradition says, "All addicted persons are welcome and equal in obtaining the relief that they are seeking from their addiction." (p. 62) How do we as members welcome these addicts? How do we demonstrate that all addicts are equal?

The Public Relations Handbook further states, "We cannot assess anyone's desire to get clean and NA has no opinion on drug replacement therapies." (p. 67) Individual members can share their recovery and freedom in NA in an attractive manner. This will speak louder to an addict in drug-replacement therapy than judgment and condemnation. After all, it's all about carrying the message of recovery. Equally important, that kind of sharing is more likely to lead professionals who refer addicts for help to view NA as a program choice for their clients. How can we help our members understand the Tenth Tradition? How can we welcome and embrace addicts who are taking medications? We have a booklet, *In Times of Illness*, to support members, and our traditions to guide our services. How can we uniformly present our program of recovery to professionals in a positive light? NA's goodwill with professionals is sometimes jeopardized by the actions of individual NA members who voice their own opinions as if they were the Fellowship's. We can work together, follow our traditions, read recovery literature, host learning days to help realize our tradition that "NA has no opinion on outside issues."

-The NA way Magazine
January 07,
pg. 15

The Voice of NA in the Chicago North Area needs YOU to share your news, experience, strength and hope. Please see a subcommittee member or contact us at TheVoiceofNA@aol.com, or phone 847-970-2141

Brain Builder



Down

2. Our pain forces us to seek a Power that can relieve our _____. (BT 23)
3. Once we admit we are _____ we are ready for Step 2. (IWHW 17)
5. Using drugs brings only physical and mental _____. (BT 23)
6. NA is a _____ program, not a religion. (IWHW 21)
8. Most of us lacked a _____ with a Higher Power. (BT 23)
9. 3 crucial spiritual principles: honesty, open-mindedness and _____. (IWHW 17)
11. Being restored to sanity is a life-long _____. (IWHW 19)
12. We develop openmindedness by _____ to other addicts (IWHW 18)
13. Drugs enslaved us, but in NA we find _____ from the obsession to use. (IWHW 20)
14. We find this important thing when we work this step (IWHW 17)
17. We trust in the help we get from other _____ addicts (IWHW 25)
18. When we realize we don't have all the answers, we find this (IWHW 23)
20. Sanity often means we don't act on our first _____. (IWHW 25)

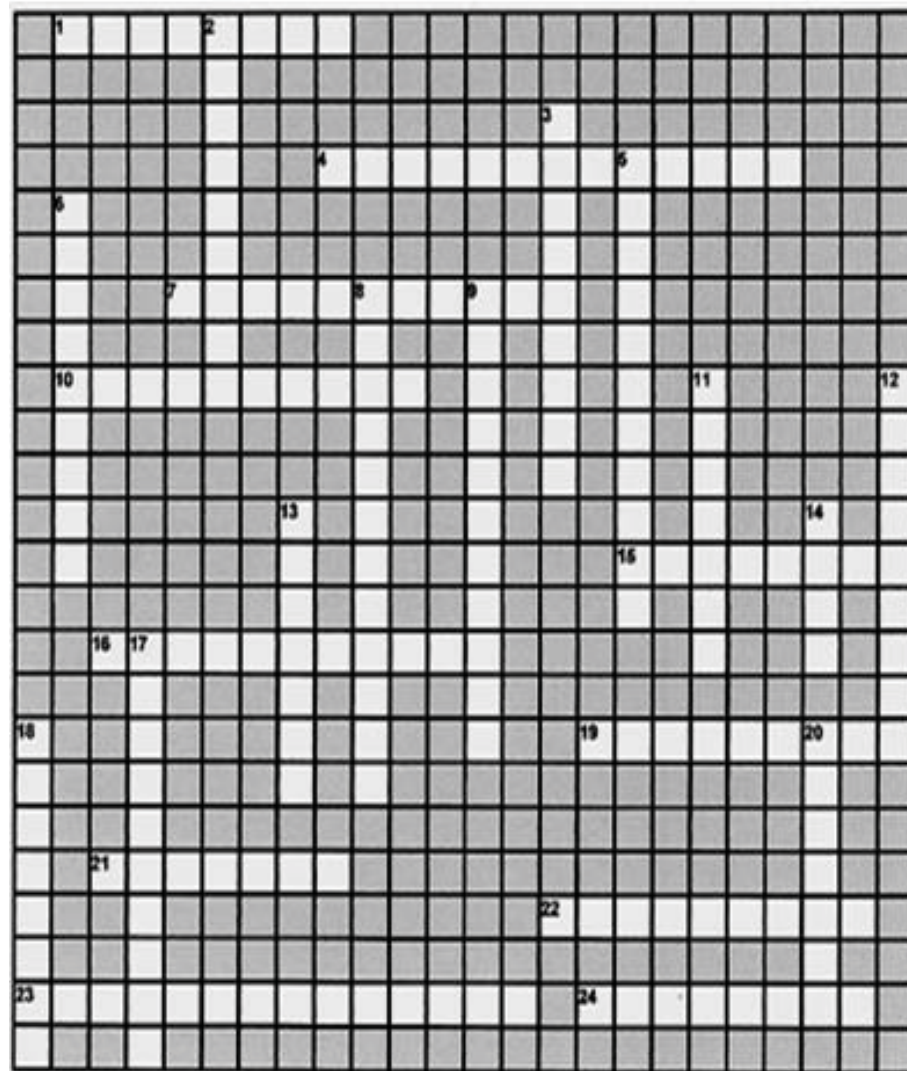
Across

1. By practising the principles of NA, we can be _____ to sanity (IWHW 21-22)
4. She hits up the doctor for prescriptions: the sweet _____. (BT 23)
7. Some members call it "H.P." (BT 24)
10. Faith can be described as a belief in something _____. (IWHW 20)
15. By trusting a Higher Power we can _____ our fear of life (BT 24)
16. The disease of addiction is _____, incurable, and fatal. (BT 23)
19. Part of coming to believe is _____ the evidence we see (IWHW 22)
21. In Step 2, this is what we come to do (IWHW 17)
22. A Power greater than ourselves is always _____ to us. (IWHW 25)
23. Working the steps, we undergo a fundamental _____ (IWHW 24)
24. Insanity is repeating the same _____ & expecting different results. (BT 23)

In NA, no one is forced to believe any set ideas. Each one of us can believe in anything in which we want to believe. This is a spiritual program, not a religion. Individually, we cultivate our own beliefs about a Power greater than we are. No matter what we understand this Power to be, help is available to us all.

~ from Step Two in It Works How and Why, p. 21

Step Two Crossword



My apologies that there aren't as many intersections in this puzzle as I would have liked. If you get stuck, the code following each clue will lead you to the page in our literature where the answers can be found. BT= Basic Text and IWHW= It Works How and Why, followed by the page #. Have Fun!!! -Dan A.