



North Pittsburgh News

North Pittsburgh Area of Narcotics Anonymous Newsletter

PO BOX 10 - Glenshaw, PA 15116-0010

March 2013

Your basic newsletter

NorthPittsburghNA.ORG

Volume 001

Our Mission Statement

“Leave it better than you found it” and “just because it’s always been that way, doesn’t mean it always has to be that way” are two concepts that have always been refreshing and welcomed. They are both about change, growth, and taking risks. We of the P.I.

Committee are embracing and running with this attitude and spirit. With joy we are putting together the first edition of North Pittsburgh News. Our goal is to publish this newsletter quarterly with content coming from local NA members. We welcome your submissions for the Gratitude Section, as well as inspirational quotes that have helped you on your journey, poetry that you would like to share, cartoons related to recovery and even your opinion if you’d like to put it out there. As with the website, we will be publishing events, information that affects our area such as, meeting support, and news from N.A. World Service. We are here to take suggestions and will take all into consideration.

The History of the North Pittsburgh Area

The History of Our Area, as described and contributed to by people who have been here for a long time.

The research on the history of our area began in probably the most logical place, the North Hills Group. The North Hills Group has been around since April of 1982 and was instrumental in the conception of the North Pittsburgh Area. It was this meeting place where Pittsburgh Region’s major activities took place. The North Hills Group served as the proverbial hub for dances, workshops, and where area convened. There were only 20 meetings established at that time, allowing for attendance of pretty much 1 a day; a stark contrast to the existing 3 or 4 meetings Narcotics Anonymous members of North Pittsburgh may attend on any given day.

Steve D. and Tim H. proposed the idea of starting our area to the North Hills Group homegroup members. Some discussion followed about whether or not this topic was ever considered and was eventually recessed until all homegroup members could be present to weigh-in. At that time, the homegroup members of the North Hills Group accounted for a lot of the North Hills meetings. The members present and the respective meetings they represented were Serenity Café, Gibsonia Saturday Night, and Living in Recovery. The meetings they had to reach out to about this idea were Discovery in Recovery, Lost Chapel, and Cranberry Tuesday Night.

Continued on page 3

grat·i·tude *noun* [grat-i-tood, -tyood]

:the quality or feeling of being grateful or thankful

(Tell us what you are grateful for)

“My life”

-Shannon S

“Free coffee and good people”

-Ted B

“That I can walk outside, feel a breeze, and smell fresh air.”

-Steve J

“To have a choice today”

-Alex W

“Second chances”

-Erika G

“The air in my lungs”

-JC

“The fellowship, I couldn’t have stayed clean and recovered without the love and support of other members.”

-Megan C



“Another chance at recovery and life, and the people in the program who continued to support me”

-Don R

“Peace of mind, the rooms, and not wanting to get high today”

-Nancy M

“Another chance”

-Colleen C

“The freedom from active addiction”

-Alex W

“My Friends in NA!”

-Annie

Share your gratitude. Send us something that you are grateful for and we will print it.

Email: npn@northpittsburghna.org

or

North Pittsburgh News

PO BOX 10

Glenshaw, PA 15116-0010

The History of the North Pittsburgh Area

The groups decided to hold a meeting in Gibsonia on Saturday Night to formally vote on creating our area. This meeting included representatives from the North Hills meetings and the RSR of the Tri-State Region.

Not all went smoothly; but ultimately the GSR for Serenity Café made a motion, the present members

voted, and the motion passed, successfully starting the North Pittsburgh Area. The meeting adjourned because the Saturday Night Meeting had to get set up, but a date was set for the first Area Service Meeting: the last Saturday of the month. The first ASC saw the election of Dave T. as chair and Leslie M. as secretary, a group was convened to pen the guidelines, and the ASC reps began assuming the corresponding duties, which began with starting a meeting on Sunday; the GSRs were charged with finding a church or talking to churches that already hosted meetings during the week. And so the Sunday Meeting came to fruition, and still meets in the same place today.

It's difficult to imagine. No meeting on Sunday. It's difficult to imagine having the option of only one meeting a day. The progress of our area is a true testament to the growing need for recovery. That need was met by the effort of our predecessors, going from church to church lobbying for meeting space with the intention of a meeting held every day of the week. These people wanted to make it so recovery was accessible to those who craved it. In '92, there were still only 8 meetings a week. One of our members recalls the Tues-

day meeting in Etna in the bottom of a brown church. His description boiled down to an illustration of cigarette smoke everywhere. The more people I talked to about the history of our

“The progress of our area is a true testament to the growing need for recovery.”

area, the more I heard recollections of “back when you could smoke” at the meetings. I got excited just imagining it, but then thinking about the quantity of people, all exhaling large amounts of smoke, in a basement immediately put a damper on the fantasy. The meetings were the pinnacle of the addict's social life. Everyone went to the meetings looking sharp and looking forward to the interaction; otherwise pining for fellowship. The sentiment of those I spoke to was hard to miss when they recalled the origins of our area and the time period it spawned from. And my sentiment was probably undetectable—sentiment surrounding dependence on the knowledge and experience of my predecessors to impart on me the history of our area, as they knew it. Sentiment brought on by the realization that the people I was in fact talking to were instrumental in the process I was investigating... I guess the case of North Pittsburgh Area's beginning coincides with a basic principle our program: if it wasn't for our predecessors, none of this would be possible.

-Julie H

Food For Thought

What is possible for one is possible for all.

A compassionate spirit to help others, even those we may dislike, gives rise to the deepest wisdom.

Everything humanity has ever created began with a thought. The place where you live, the clothes that you wear, and the paper on which these words are written were once only thoughts in someones mind. Your decision to read this too, began with a thought.

Money only buys what can be bought.

Common sense is not always common.



Submit your poems and edible thoughts to us. See the contact information on the last page and make sure to tell us if its a poem or a thought.

Poetry Corner

Why I took the path to destruction only kept me guessing-but where that road took me to became my greatest blessing

I always tried taking the easier softer way and I almost died learning there is always a price to pay

The pain inside of me needed to rise to the surface-When it did the surprise was it gave me a new purpose

Even though my life was a mess,I thought I was living with style-If you saw where I lived and how I was dressed,you would know I was living in denial

A Positively Negative Poem About Using

We used for joy and became miserable.
 We used for sociability and became argumentative.
 We used for sophistication and became obnoxious.
 We used for friendship and became enemies.
 We used to help us sleep and awakened exhausted.
 We used to gain strength and it made us weaker.
 We used for exhilaration and ended up depressed.
 We used for "medical reasons" and acquired health problems.
 We used to get more confidence and became more afraid.
 We used to make conversation flow more easily and the words came out slurred and incoherent.
 We used to diminish our problems and saw them multiply.

The SoapBox

Opinions of our members

This is the opinion of a member and does not reflect the opinion of the P.I. Subcommittee or Narcotics Anonymous.

NA Member: *This is a life saving book that hundreds of thousands of addicts have used to get and stay clean. Give yourself a break and read it.*

Suffering Addict: *Where can I get a copy, I am completely broke?*

NA Member: *Well, our home-group is out of literature, you can purchase a copy on iTunes or Amazon if you have a computer for \$8.99...*

The sad truth is that some home-groups, even though they contain dedicated members just do not have the revenue to stock copies of the basic text, and other life saving, fellowship approved literature. Until recently these books were available free of charge on NA.org, but have since been removed and placed on iTunes and Amazon stores at a cost that is far beyond the cost of production of these materials. It was a move described as a "responsible course of action" by NAWS as an attempt to stop the book from being mass emailed and sold by other entities, leeching their profit.

These books were written by addicts, for addicts, and offer a new way of life to sick and suffering individuals. In our reading "We Do Recover" it is stated that;

"For the first time in man's entire history, a simple way has been proving itself in the lives of many addicts."

We know, as addicts that have been to those bitter ends, this is the only way, the best way. And we know that our literature, including the Basic Text is essential to our

recovery, and even more crucial for the newcomer to be able to freely access. The justification that I was given for the need to sell this literature is so that NAWS can further spread the message to newcomers worldwide.

In that regard it is safe to say that with this literature we monopolize the market. So are we exploiting the sick and suffering, so we can grow to further exploit more sick people? Globally? Honestly in my opinion not only does that make us sound like a pharmaceutical company, but it also makes us sound like imperialists.

If our program is truly based on attraction rather than promotion, having free copies of our literature on-line is crucial to that principal. I know when I was suffering in the trenches of my addiction; those on-line copies were a source of hope to me. Hope that should not have a price tag slapped on it.

--Steve J



If you have an opinion and would like others to hear it, send it to us.
See the contact information on the last page of the newsletter. Make sure to tell us it's an opinion.

A message for the newcomer

Give it a year, you can cash in your misery at any time

It wasn't until I had about 6 months clean when I was at a convention and I heard a lead in which the speaker was urging the newcomer, me, to just give it a year. The message was simple, just give it a year, and see what the program can do for you.

This said something to me. My first 6 months I was watching people pick up multiples all around me thinking that was where I needed to be. When I heard this, it made it simple. Just stick around for a year and see what happens, see what the program can do for me. If I don't like it I can leave at any time.

When I came to the rooms, I had already been to jails

“I really didn't believe that there was recovery underneath of the chairs”

and institutions. Those had never given me enough of a rude awakening to do something about my disease. What finally brought me to the rooms was dereliction. A word rarely used in our literature. Its definition is this: The state of having been abandoned and become dilapidated. That was me, abandoned as a result of my disease. The only person still in my life was my mother, and she was waiting for me to die.

The funny thing about this is when I actually picked up a year; I had completely

forgotten that I secretly accepted this challenge. I wasn't reminded of it until I got my hands on a copy of that speaker's lead that I was awakened to this fact. What that did is make me review that year and what it has done for me.

All of my life, all that I ever wanted was to feel a part of something. I wanted to have value, and to be accepted. It took me a while to come out of my shell. My first few months, I didn't talk. I lis-

tened, heard suggestions. It was the simple suggestions that I followed first.

I was told that the people who picked chairs stay clean the longest, so I picked up chairs. I was told to show up early, to get a home group, a sponsor, and do 90 in 90. In my own time, I acted on every suggestion I heard, whether it made sense to me or not. I really didn't believe that there was recovery underneath of chairs, but I took that it was told to me for a reason.

When I started opening



up and coming out of that derelict shell that my disease had created, thinking that I would never be good enough to be a member of Narcotics Anonymous, or anything for that matter, it quickly became apparent that the people in the rooms had always been there for me. I just didn't want to see or believe it. I realized slowly that I really did have value, that I had something to give back to the world. If it had not been for the people I had met at meetings, who saw the good in me, who saw things I could do, talents and skills I forgotten I had, I think I would have never remembered.

Today, 16 months later, I wake up to a full and rich life. I feel more a part of anything that I ever have in my life. Most importantly, I continue to do what I do because that fear and pain that brought me here, being my greatest motivator, has transformed into being loved and wanting nothing more than for others to feel that same love that was given to me.

Upcoming Events

North Pittsburgh Area Activities Volleyball

April 14, 2013 Sunday 10:00AM - 2:00PM

Gather your homies into a team of 4-10 people to compete for bragging rights at our third annual Home Group Volleyball Tournament. \$35 per home group. Register by April 1st. Sandwiches and Soda provided

North Pittsburgh Area Activities Golf

May 19, 2013 Sunday 11:00AM

\$60.00 per person
Includes: 18 holes of golf, cart and Steak Dinner. Hot dogs provided after 9 holes and iced tea.
SPACE IS LIMITED. We must have MONEY by Friday May 4th in order to reserve your place.
Ask your GSR for contact information to make your registration

North Pittsburgh Area Picnic

June 23rd Sunday

Keep you ears open for announcements concerning the Picnic! It will be held at North Park, same as last year.

Events to look for later this year

More Will be revealed

Motorcycle Ride - Summer 2013

Murder Mystery Dinner - Fall 2013 - We heard a rumor it may have a Mob theme and best dressed contest this year

Start To Live 31 - November 2013

Tri-State Spiritual Retreat Sponsorship BBQ

April 27, 2013 Saturday 6:00PM - 9:00PM

Will be hosted at Saturday Night Live BBQ At 6PM Speaker at 8PM, Tickets are \$8 per person. The event will be held in place of the meeting. Listen to you GSR for any announcements about ticket information

Tri-State Spiritual Retreat 31



The Tri-State Spiritual retreat will be held in May starting on Friday the 24th and ending Sunday the 26th. Look for on-line registration this year, or ask your GSR about getting registration information.

North Pittsburgh Area Service Committee Meeting

Dates are listed below There is always a need for people to help out. See your GSR for more information on how to give back.

April 27th
June 1st
July 27th
August 31st

September 28th
October 26th
December 7th

3:30PM H&L 4:00PM Activities Committee, 4:30PM GSR Orientation and 5:00PM Area Service
Berkeley Hills Lutheran • Church 517 Sangree Road • Pittsburgh PA 15237



Free coffee at these meetings that need support!

Free Coffee!

All you can drink

Liberty Group

Sunday 7:30PM

Door of Hope Church
5225 Holmes Street
Lawrenceville, 15201

Donation is optional, but suggested.



Free Coffee!

All you can drink

Vets And Friends

Thursday 7:30PM

Veterans Service Center
945 Washington Blvd Pittsburgh
Larimer, 15206

Donation is optional, but suggested.



Free Coffee!

All you can drink

Chapter 7: Relapse & Recovery

Friday 12:00PM

Door of Hope Church
5225 Holmes Street
Lawrenceville, 15201

Donation is optional, but suggested.



Free Coffee!

All you can drink

Monday Night Solution

Monday 8:00PM

Greater Allen AME
3600 California Ave
Pittsburgh, 15212

Donation is optional, but suggested.



Free Coffee!

All you can drink

Staying Clean For Dummies

Tuesday 7:30PM

Ingomar Methodist Church
1501 West Ingomar Road
Ingomar, 15237

Donation is optional, but suggested.



Free Coffee!

All you can drink

Wednesday Night Zelienople Group

Wednesday 7:30PM

Calvin Presbyterian Church
415 East Grandview
Zelienople, 16063

Donation is optional, but suggested.



North Pittsburgh News is brought to you by the Public Information subcommittee of the North Pittsburgh Area Service Committee of Narcotics Anonymous. We are always looking for your contributions and wisdom to print in our newsletter. If you have something to share, please send it to:

Email: npn@northpittsburghna.org

or

North Pittsburgh News

PO BOX 10

Glenshaw, PA 15116-0010