



North Pittsburgh News

North Pittsburgh Area of Narcotics Anonymous Newsletter

PO BOX 10 - Glenshaw, PA 15116-0010

NorthPittsburghNA.ORG

July 2013

Your basic newsletter

Volume 002

The Image of N.A.

Who has an image of Narcotics Anonymous?

Newcomers and yet to be Newcomers. Everyone who knows a member of Narcotics Anonymous. Strangers that see our T-shirts and bumper stickers. Restaurant staff and customers where we go for coffee or food. Everyone that knows a former member of Narcotics Anonymous. Inmates, patients, clients and staff that attend an N.A. H&I presentation. Public and professionals attending an N.A. Public Information speaker presentation. Public attending an event where N.A. has a booth presentation People associated with places where we hold meetings or events. Anyone that hears or sees our Public Service Announcements in the Media. Anyone that reads our meet-

ing directories or sees an N.A. poster.

Why do we care?

N.A. is a program of attraction not promotion. Addicts will not seek recovery in N.A. if they don't know we exist. Addicts will not seek recovery in N.A. if they don't believe it works. No one will refer addicts to N.A. if they have a negative image of N.A.

Newcomers won't come back if they don't feel welcomed. Newcomers won't come back if they are taken advantage of. Newcomers won't keep coming back if they don't hear a message of recovery. We will find it difficult to find space to hold meetings and events.

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)

"Gradually, we become God centered" much gratitude for this!"
Gina B.

"Most thankful for the ability to experience love through learning how to give & receive."
Roberta S.

Grateful for the true fact "Lost dreams awaken and new possibilities arise" and the spiritual principals it takes to really live a dream.
Michelle R.

"That I get a choice in who I get to be today"
Sarah K.

"For this new day, new choices and renewed hope"
Fiel Y.

"Life"
Ted B.

"Have peace of mind and am no longer suicidal, also am as old as i am 49 never thought i would make it to 28 let alone past it. Oh! And my friendships"
Joe G.



"The fact that I woke up this morning, able to live another day clean and share the message of recovery"
Nicole K.

"Grateful to have a process which has taught me to distinguish truth from disillusion"
Marlana B.

"Gratitude shows in the actions we take."
Sheryl L.

"Grateful that the hole in my soul has filled and one of those perks is the ability to grateful"
Mary H.

"My gratitude speaks when I care and when I share with others the NA way."
Stephanie M.

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 Image of N.A.

How do we create an image?

Printed Material:

Professional quality literature, meeting directories and flyers.

Public Service

Announcements:

Letting addicts know we exist and how to find us.

Hospitals & Institutions Panels: Create identification with addicts, caring and sharing the N.A. Way.

Public Information

Presentations:

Generate third party referrals to N.A. N.A. T-shirts, bumper stickers, and jewelry: Identify us as members of N.A.

Our public behavior:

When we are identified as members of N.A. it reflects our recovery. How we drive and park in public and at meetings with N.A. stickers on our vehicles. How we behave in restaurants, especially large groups of us. How is our language in public, around children, in meetings?

Where we rent meeting space:

What image do they have of us? Do we pay our rent on time? Do we pay for damages promptly? Do we make noise that brings

complaints from neighbors? Do we leave the meeting space in better condition than we found it?

“Newcomers won’t keep coming back if they don’t hear a message of recovery”

In our meetings: How do our children and pets behave? Are they welcome by the facility? Do we live by, “that if we can’t help someone we won’t hurt them”?

Do we carry a message of recovery and abide by our own traditions and concepts for service? Do we create a distraction by talking, joking about the steps or traditions.

Do we slam service work or make fun of trusted servants? Do we share problems and solutions, speak about recovery in N. A. using N. A. language? Do we share our experience, strength and hope, not war stories or opinions?

*Amended and accepted by the Granite
State Area
Public Information Subcommittee
October 2002*

Poetry Corner

Which are you?

Some members keep their home groups
strong.
While others join and just belong.
Some dig right in.
Some serve with pride.
Some Just go along for the ride.
Some volunteer to do their share.
While some lay back and just don't care.
On meeting nights some always show.
While there are those who never go.
Some always help their home group out.
Some never show for months instead.
Some do their best, Some build, some
make.
Some never give but always take.
Some lay behind. Some let things go.
Some never help their homegroup grow.
Some drag, some pull, some don't, some
do.
Consider which of these are you?

Desmond

Don't be fooled by me.

Don't be fooled by the face I wear for I wear a mask, a thousand masks, masks that I'm afraid to take off, and none of them is me.
Pretending is an art that's second nature with me, but don't be fooled, for God's sake don't be fooled. I give you the impression that I'm secure, that all is sunny and unruffled with me, within as well as without, that confidence is my name and coolness my game, that the water's calm and I'm in command and that I need no one, but don't believe me.
My surface may seem smooth but my surface is my mask, ever-varying and ever-concealing. Beneath lies no complacency. Beneath lies confusion, and fear, and aloneness. But I hide this. I don't want anybody to know it. I panic at the thought of my weakness exposed. That's why I frantically create a mask to hide behind, a nonchalant sophisticated facade, to help me pretend, to shield me from the glance that knows. But such a glance is precisely my salvation, my only hope, and I know it. That is, if it's followed by acceptance, if it's followed by love. It's the only thing that can liberate me from myself, from my own self-built prison walls, from the barriers I so painstakingly erect. It's the only thing that will assure me of what I can't

assure myself, that I'm really worth something. But I don't tell you this. I don't dare to, I'm afraid to. I'm afraid your glance will not be followed by acceptance, will not be followed by love.

I'm afraid you'll think less of me, that you'll laugh, and your laugh would kill me. I'm afraid that deep-down I'm nothing and that you will see this and reject.

So I play my game, my desperate pretending game, with a facade of assurance without and a trembling child within. So begins the glittering but empty parade of masks, and my life becomes a front. I idly chatter to you in the suave tones of surface talk. I tell you everything that's really nothing, and nothing of what's everything, of what's crying within me. So when I'm going through my routine do not be fooled by what I'm saying. Please listen carefully and try to hear what I'm not saying, what I'd like to be able to say, what for survival I need to say, but what I can't say. I don't like hiding. I don't like playing superficial phony games.

I want to stop playing them. I want to be genuine and spontaneous and me but you've got to help me. You've got to hold out your hand even when that's the last thing I seem to want. Only you can wipe away from my eyes the blank stare of the breathing dead. Only you can call me into aliveness. Each time you're kind, and gentle, and encouraging, each time you try to understand because you really care, my heart begins to grow wings-- very small wings, very feeble wings, but wings!

With your power to touch me into feeling you can breathe life into me. I want you to know that. I want you to know how important you are to me, how you can be a creator--an honest-to-God creator-- of the person that is me

if you choose to. You alone can break down the wall behind which I tremble, you alone can remove my mask, you alone can release me from my shadow-world of panic, from my lonely prison, if you choose to. Please choose to.

Do not pass me by. It will not be easy for you.

A long conviction of worthlessness builds strong walls. The nearer you approach to me the blinder I may strike back. It's irrational, but despite what the books say about man often I am irrational. I fight against the very thing I cry out for. But I am told that love is stronger than strong walls and in this lies my hope. Please try to beat down those walls with firm hands but with gentle hands for a child is very sensitive.

Who am I, you may wonder? I am someone you know very well. For I am every man you meet and I am every woman you meet.

Melissa

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.

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.

"Where have all the flowers gone"

It's really that very few people that come to this program will stay clean and involved for the rest of their lives. I think there is an unscientific survey that says less than 5% of the people that come to program stay clean for more than five years. But its also recognized that Narcotics Anonymous is the most successful organization in the world offering freedom from the disease of addiction. So we are the best and yet 5% is the best we can do. That tells me one or two things first is that this disease is so insidious that the odds are extremely against a person who has the disease of addiction to recover and stay recovered. Or it is telling me that we are not doing a very good job at carrying our message and providing the atmosphere and support that is needed for someone to really "get it" for someone to really believe in Narcotics Anonymous and what it can do for them for the rest of their lives.

We seem to do a good job on the short term, people come in and they get clean and stay clean for a while, we support them long enough to get their health back, to get their children back, to get the drug court and probation off their backs. In that small window we watch with excitement how the recovery process starts to work in their lives, the hope the promise the freedom. Seeing them get into service attending lots of meetings and opening up, getting into relationships and getting jobs or careers and the forgiveness and renewed trust of their families and friends. I myself start to invest a lot of hope in them and am willing to do anything to help them in their recovery. I show up consistently not just for my self but also to be an example of long term recovery, expressing the passion for life that I have found here. But then sadly and I mean very sadly like clock work I see them fade out, sometimes its just weak excuses other times it's a slow building of a case against the fellowship, it doesn't really matter the rational, it always about deflecting personal responsibility for their own life and what they need to do to stay in this recovery process. But the fade turns into gone. They are gone and even if they wanted to change this course its too late, the disease has them, the pride and ego and crazy ass thinking process becomes to great to over come. Gone, gone, where have all the flowers gone. I just realized the other day as I was sitting in a meeting knowing that a half dozen or more of the members we had over the past few years are no longer with us, that I missed them, I hate grief, but I think that is what I have been feeling lately. Its like they died. You would think after 44 years in this

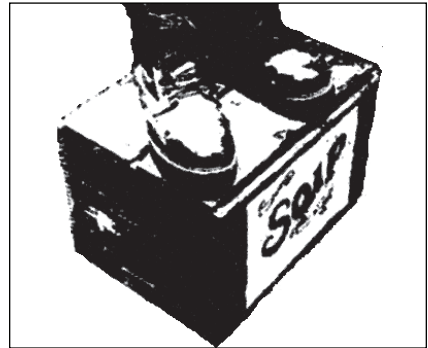
program I will have gotten used to this, well I haven't. I know no one owes us any thing; this is a program that welcomes everyone be it brand new or just coming back. We love them without a price tag and in the end if they leave they owe us nothing, not a thank you nor a good bye. It really sucks, yet we know this is what goes with the territory when dealing with a disease that is nurtured in selfishness and in the inability to care anymore.

I think where we fail in our delivery of the message is in not telling people the truth, with out taking the first step 100% and completely surrendering to this simple program the best we have to offer is some temporary relief from an emergency crisis.

Before rolling off the world board I had hoped we would have a book that would reflect the positives of what long term recovery can offer us, sharing the depth of knowledge experience strength and hope over the past 60 years. The living clean book is something we have been needing for a long time, some thing that takes us beyond getting clean and staying clean and tells us our message is more than that, Its about living clean and about a journey that continues to renew its self so long as we give it our all and are committed to the long haul.

I am grateful, I am humbled by the 5% who walk this path with me. I could not and cannot do this alone. I think also some of my sadness today is those who are gone were supposed to be there for me too. But I take refuge in knowing that there are many, many though out this amazing fellowship that have my back and will always be there for me. One of my early mentors in this program told me that there will be times when you will walk alone with your Higher Power. You will need to hold the principles of recovery close to your heart and know all will be well. Thanks for listening.

Tom M - Hawaii



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 Prisoner UNLEASHED

Hiding behind the many masks of the puppeteer imprisoned in the chaos and confusion of active addiction, was there any chance to break free? I found comfort, however distorted, being directed by the powder, the rock, the tablet, the bud, the liquid. Caged like a wild animal, my darkened soul held deeply embedded pain and dysfunction,

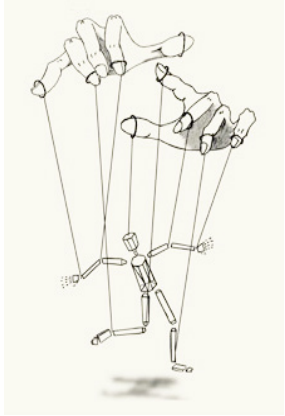
do? My mind like a hamster on a wheel runs wildly. Every action, word, and be-

havior placed in mind. No longer could the hamster just run wild. I was no lon-

“With a bit of willingness, I removed the masks.”

havior floats ramped in my head. I try to justify everything. I have convinced myself that this was where I belonged, alone, controlled, and hopeless.

ger imprisoned and



UNLEASHED by consequences and directed to the rooms of NA the strings began to fall off. With a bit of willingness, I removed the masks. Slowly I began to learn how to live outside the cage, with no strings or masks. The fog cleared slowly like the waves of the ocean over a freshly built sandcastle. The confusion and chaos that kept me in bondage for 32 years was transformed into a pile of tools strategi-

could begin to live. The NA program and the wonderful, loving people in the rooms became my ring leader.

Finally freedom came...

Lisa C

my spirit shadowed by the clouds that fogged my mind, could the strings be cut and the cage opened? How will it feel? How did this happen? What do I

Upcoming Events

“How It Works” Learning Day

July 20, 2013 - Saturday 12-6PM

The East End Area and the North Pittsburgh Area present the “How it Works” Learning Day. Panels on service related topics, H&I, PI, Helpline, and GSR Workshops.

*Brighton Heights Lutheran Church
3830 California Ave
Pittsburgh, PA 15212*

Bellevue Beginners Anniversary

July 28, 2013 Sunday 6:00PM - 9:00PM

Food Fun Fellowship, 6pm
Meeting at 8pm

UNITY RETREAT *August 23-25*



North Pittsburgh Area Bike Run

July 21st Sunday

\$10 donation per bike. We will be meeting at Denny's in Harmarville and LEAVING at 9am. Come see a covered bridge tour of Bedford county. We will be taking the turnpike and the toll will be \$10. It will be a bug run.

Events to look for later this year

More Will be revealed

Zombie Dance - Halloween 2013

Start To Live 31 - November 2013

North Pittsburgh Holiday Dance - December 2013

The Journey Continues XVII:

\$35 for camping
\$45 For old cabins
\$55 for new cabins
\$8 per meal

Free WiFi

Camp Harmony

414 Plank Road Hooversville, PA 15936

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.

August 31st
September 28th

October 26th
December 7th

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



"You should just feel a tiny prick, and then a lifetime of morphine addiction."

Free coffee at these meetings that need support!

Free Coffee!

All you can drink

The Plot Thickens

Thursday 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

Staying Clean For Dummies

Tuesday 7:30PM

Ingomar Methodist Church
501 West Ingomar Road
Ingomar, 15237

Donation is optional, but suggested.



the moment you're
ready to quit is
usually the moment
right before a
miracle happens.

don't give up.

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

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