

THE CLEVELAND, OHIO N.A. NEWSLETTER

Red Shield Hotel 2304 E. 9th St. Cleveland, Ohio 44115
Telephone 781-3774 for information or help

1st EditionEditorial

Through the great efforts of a social worker, N.A. has come to Cleveland, Ohio. Meetings are being held at the Red Shield Hotel, Wednesdays at 7:30 P.M. Thanks to Captain Dimond for coming up with a place to meet. Thus far the program has created a lot of interest. We have had a reporter from the Press, Student Nurses, a woman who has a lot to do with job training, plus many others visit the group. This is very encouraging, seeing that the Group is so new. We, the addicts that are part of this, hope that things will continue to get better, for we feel a group of this nature is necessary to maintain abstinence from "drugs".

Secretarial Scratchings

I am very grateful for the N.A. Program in Cleveland. God knows I need it and it will give me the chance to be active in something that I sincerely believe in.

We hope to have more news the next time this letter comes to press.

Sec. Marvin Stone

p.s. I hope that you will come to see us when you are in our city.

FLASH!

Weekly meetings are now being held at the House of Corrections.

Marvin Stone has decided to reveal his identity in the interests of getting the group started. YOUR IDENTITY WILL NOT BE REVEALED AT ANY TIME.

OUR PRAYER

God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.

(Adapted from Reinhold Niebuhr)

The Word from a new member.....

Help us to help ourselves - so that we will be there to help you.

Pat A.
Drug addiction is a serious problem. If you honestly want to be rid of your addiction and are willing to let some who have had this problem explain to you their way out attend a N.A. meeting.

NARCOTIC ANONYMOUS MEETING ANNOUNCEMENT

Day: Every Wednesday

Time: 7:30 - 10:00 P.M.

Place: 2304 E. 9th Street, 2nd Floor, Suite W

MEMBERSHIP OF N.A. GROUPS

OUR DESIRE

Membership of our groups consists entirely of former addicts whose self-administration of addicting drugs has brought us to disaster. We learn from experience after withdrawal, that any further indulgence constitutes a totally undesirable and hopeless way of life.

We have come to believe that we have been trying to substitute our addiction phantasy for real achievements in life, and that our effort has been hopeless and absurd.

The first and most essential step is
HONESTY: Personal and intellectual.

We must realize that we are in the grip of a progressive EMOTIONAL AND PHYSICAL illness which, unless active treatment such as is afforded by the N.A. program is undertaken, steadily grows worse, never better.

The core of the technique by which N.A. has worked is spiritual.

IT IS SPIRITUAL, NOT RELIGIOUS

The membership embraces all creeds, all denominations, all faiths, and no faiths.

This universal belief depends for its effectiveness upon the absolute recognition of a power higher than man: The Creator, the Creative Spirit over all.

We make a decision to turn our will and our lives over to the care of God AS WE UNDERSTAND HIM. When this is sincerely done, and the further suggested steps carried out, we undergo a profound mental and emotional change common to religious experience.

We believe that faith without works is dead.

We believe that our permanent abstinence depends on our willingness to remain spiritually alive.

None of us claims perfect adherence to these principles or guides to progress and we claim spiritual progress rather than spiritual perfection.

1. To further our study by expression in words and deeds our interpretations of the Thirteen Steps.
2. To acquaint our friends with our group therapy activities as prescribed by N.A.
3. To carry the N.A. message to other addicts who have a sincere and honest desire to know a better way of life.
4. To carry, upon request, the N.A. message to those who are in need, and who are unable to make meetings due to their locations or to shut-ins everywhere.
5. To acquaint the public to the various causes of human behavior found in the addicts, and the seriousness of the disease of addiction.

THE NEW MEMBER

The New Member is the most important person in our group.

He is not dependent on us, we are on him.

He is not an interruption to our work; he is its purpose.

He is favoring us when he calls on us for help.

If he brings up his Addiction problem it is our job to help him solve it.

He is deserving of the most courteous and attentive help.

He is a constant reminder of our problems.

He is the Life Blood of any group.

(Newsletter of Fellowship House
Chapter of N.A. New York City)

Except for the above all material on this page has been adapted from the pamphlet OUR WAY OF LIFE: An Introduction to N.A. We hope to have a supply of these pamphlets available for distribution soon.

THE CLEVELAND, OHIO NARCOTICS ANONYMOUS NEWSLETTER

DOWNTOWN GROUP

Julius N: Chairman

John C: Secretary

Red Shield Hotel 2304 E. 9th St. Meetings every Wednesday 7:30 - 9:30 P.M.

GROUP GOSSIP

Captain Dimond has agreed to serve as the Chairman of the Board of Directors. Joe German has agreed to be a member of the Board and several other nominations are pending.

Julius N. has been elected the Chairman and John C. has been elected the Secretary of THE DOWNTOWN GROUP.

A vote of thanks was extended to Marvin S. for his faithful work as the acting Secretary of the Cleveland N.A. Group.

John C. is taking saxophone lessons and hopes to be able to join The Mainliner's Combo which is to play for N.A. parties. To date the Combo consists of: Marvin S. Leader and Drums; Leroy J. Trumpet; Ray C. Organ; Ray S. Bass with Captain Dimond helping out on saxophone.

The Cooley Farms Group is continuing to meet and an article by M.L. of that group is to be found on the reverse side.

Several members of The Downtown Group, Leroy J. and Edith H., have been attending the meetings of the newly organized Lexington Group.

WORDS FROM THE WISE

I've been clean now for ten weeks and attend the N.A. meetings regularly. We have a good group at the Downtown meetings and I hope to see you soon.
R.K.

I know what it is to be sick. We have a good group here which is proving to be a real source of help to the sincere addict who wants to stay clean.
J.C.

I became addicted to narcotics 11 years ago. Thanks to N.A. I have been free from the use of drugs for 40 days now. I know I could not do this myself no
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 Source: Danny M.
 how I wanted to.
 E. A. H.

SECRETARIAL SCRATCHINGS

Since the N.A. program was started here, progress has been slow but sure. From our 1st meeting, in which 3 addicts were present, we have grown to the point where we now have 3 groups meeting each week at 3 strategic locations throughout greater Cleveland.

Pat S., Captain Dimond and myself had the privilege of being on the radio with Harv Morgan of KYW on one of his "Contact" broadcasts which was titled "Monkey On Your Back!". The subject of the program was narcotics and the other member of the panel was Dr. Daniel Casriel who spoke of the book he has written on the work with narcotic addicts that is being carried on at the resident rehabilitation center in Calif. called Synanon. Members of the radio audience telephoned in their questions which were answered over the air by the members of the panel. A number of new members were attracted to the group by the broadcast. A tape recording of the broadcast is available.

During one of our meetings we watched the WJW-TV telecast of the CBS program "The Business of Heroin" and the members requested that I write to Bert J. Reesing, the TV-Radio Editor of the Plain Dealer commending him upon the program and the interest the paper showed in the problem narcotic addiction by giving the program lengthy write up. The letter was printed in the P.D. and resulted in some new people attending our meeting. A portion of the letter read: "From our group experience, felt the program was quite factual and presented a realistic picture of the situation in the U.S.A....All addicts who sincerely want to end their problem of addiction are invited to attend our meetings."

We have had several visits from Mr. Cooper who is associated with Mansfield Reformatory. He is very much interested in the narcotic problem and has many good ideas the way it should be handled.

Marvin S.
Acting Secretary

PATRICIA PONDERS

Words from the Charter woman member of the Downtown Group.

IN OR OUT OF LIMBO?

In our search for our Shangri-la we oft-times stumble and fall into the whirling, hazy world of drugs. We heed not and are aware not of our own souls crying out for help.

We are strangers even unto ourselves, masters of nothing save our selfpity, embellished by our egocentric personalities-thinking always of the tough breaks and all that has happened to us. We fail to realize or grasp our own faults except when they serve to enhance our own importance.

Frustration, persecution, desperation, complexes, passivity-because it's so much easier-complete the picture of a drug addict. The corridor of life is lonely and dark when you can not see yourself for what you really are and your only friend is the "needle" and the next "fix".

The misconception that the world revolves around you-meting out cruel blows directed at you alone-can lead only to disaster.

If you feel like you can run-away forever STOP! Escape is a glass armor of protection, hiding nothing and breaking at the slightest misstep.

Our main purpose in N.A. is to help you. We offer the hand of understanding and a sincere desire to pull our faltering friends to their feet but-you must help yourselves also, for in doing this you help us-for we were there once too!

Pat S.

ANNOUNCEMENTS

The National Board of Narcotic Anonymous has been reorganized and is now to be called The National Advisory Council on Narcotics. For information contact the Office of Narcotics Coordinator; 325 Broadway-Room 425, New York, N.Y. 10007.

The Harbor Light Center in Los Angeles is taking preliminary steps to start a Chapter of N.A., following the lead of the Cleveland Harbor Light Center which is believed to be the first Salvation Army Center to sponsor a N.A. Group.

Congratulations to the following members of the New York Group on their anniversaries:
Loria, Rena, Campbell and Charlie.

MORRIS MUSES

We present a guest author from the Cooley Farms Group.

THAT DAMNED CURIOSITY

Many a man has graduated, at the top of his class, from school. Just to find himself wandering, experimenting like a fool;

Searching for the happy medium, a utopia is his desire, He even scrapes the bottom and takes on the prostitutes for hire; He has drank with everybody, man, woman and child,

But discovers, to his dismay, that alcohol is much too mild; He accidentally stumbles, the way it happens to a sage,

Into a strangely exciting party, Everyone is smoking gage; All of the windows are closed, everybody is piping hot,

He, later discovers the reason, they keep the clouds of pot; He was gladly accepted, but that was just a start,

The other changes he goes through, play the most important part; He became a heavy smoker, this, of his addict-career, first, He stopped at bars and drugstores, to quench his heavy thirst,

He ran into a buddy, who seemed to be feeling no pain, This, supposed-to-be, friend of his, introduced him to cocaine.

He didn't give-up smoking, he tried them both a while, He was really happy-go-lucky, always wearing a smile;

His buddy is now a contact man; He moved up fast in the pack, They're both in a lonely heaven, because they are now shooting smack.

They have to rob and steal even from the poor mans' cup, Con the family and friends, anything, to keep the habit up;

Boozing, gambling and pimping on the side All games are theirs', When you have to risk your hide.

There is too much time in it, and, there are locks on the doors, When you're caught using the heavy stuff and curiosity is yours.

Even if you, backwards, are forced to ben Abstain the use of narcotics, quit before you die.