

# CLEAN TIMES

Southwest Area of Narcotics Anonymous Newsletter July  
www.cirna.org - swananarcoticsanonymous.com - www.na.org 2020

## Tradition Seven

### Applying Spiritual Principles

**"Every NA group ought to be fully self-supporting, declining outside contributions."**

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Our Twelve Traditions describe those specific things that have been found to help our groups remain strong, lively, and free. Underlying the specifics of our traditions, however, are dozens of spiritual principles, any one of which could be applied to almost any of the Twelve Traditions. This broad field of principle is the ground upon which the traditions have grown. The more we cultivate this ground, the stronger our understanding and application of each of the traditions themselves will be. Some of the principles which will strengthen our appreciation of the Seventh Tradition are gratitude, responsibility, faith, integrity, anonymity, and freedom. The gratitude we speak of in regard to Tradition Seven is like the collective sense of direction the Second Tradition talks about; it is the gratitude of the NA group as a group. When NA members gather to share their recovery, they generate a sense of gratitude among themselves. They are grateful the group exists and want it to continue to be there for them and for the members yet to come. The gratitude of the group speaks, in part, through the group's collective commitment to support itself.

The group's decision to become fully self-supporting, declining outside contributions, reflects

the group's sense of responsibility for itself. In recovery, we discard the illusion that the rest of the world is responsible to take care of us; rather, we take due pride in caring for ourselves. Individually, we demonstrate our newfound maturity by accepting the weight of our own burdens; collectively, we demonstrate our maturity by accepting responsibility for our group, neither seeking nor accepting outside contributions.

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See page 3 for two admissions for our Area's new logo

July's Step & Concept (page 3)

submit your artwork, homemade recovery puzzles, poetry, or clean date to swanacleanartimes@gmail.com



The burden of responsibility, however, may seem unbearable without an appreciation for the simplicity of the group's needs. The commitment to become self-supporting is not a commitment to raise vast sums of money to fulfill sweeping programs. Rather, the group determines it will muster the few basic resources it needs to fulfill its simple primary purpose: to carry the message to the still-suffering addict. The ideal of simplicity, when applied to Tradition Seven, helps our groups avoid the heated conflicts that often arise over the control of great resources. Problems of money, property, and prestige need not divert our groups from their primary purpose when the simplicity of that purpose and of our needs is kept squarely in focus.

In understanding the principles underlying the Seventh Tradition, practical simplicity walks hand in hand with our faith in a Higher Power. So long as we take our direction from that Power, our needs are met. Likewise, the decision to decline outside contributions, meeting the group's needs from the group's own resources, is based firmly in faith. So long as our group remains devoted to fulfilling its primary purpose, its needs are met.

As members of an NA group, we have made a commitment to support one another in our recovery. Our group's commitment to become fully self-supporting reflects the group's integrity, its faithfulness to its funda-

mental identity. We support each other in recovery and, together, we fulfill our collective responsibilities as members of a self-supporting group.

The anonymity we exercise in accepting our group responsibilities reflects our integrity. The anonymity of the Seventh Tradition means more than just contributing anonymously, without thought of recognition, though of course it does involve that. Anonymity in the context of Tradition Seven also means that all the contributions of a group's members are important. Money put in the basket, time put into setting up the meeting room, energy put into making newcomers welcome—all are part of the responsibility of the group, and all are equally important contributions to the self-supporting NA group.

*Our anonymity, our integrity,  
our faith, our sense of simplicity,  
our acceptance of responsibility,  
our gratitude—together, all these  
things spell freedom.*

By encouraging our group to pay its own way, the Seventh Tradition gives our group the freedom to share its recovery as it sees fit, not obligated to outside contributors. Further, it gives our group the freedom that comes from inner strength, the strength that develops through applying spiritual principles. By making the decision to become fully self-supporting, our NA group assures that it will always have the resources it needs to survive and continue fulfilling its primary purpose.

# July Birthdays

Sam S. 07/03/2016  
Debra S. 07/08/1994  
Larry M. 07/10/1986  
Paul F. 07/10/1990  
Deborah T. 07/16/2007  
Jeni S. 07/16/2016

Chris H. 07/21/2015  
Stephen S. 07/24/1998  
Larry D. 07/25/2015  
Danny D. 07/28/1992  
Richard B. 07/29/2005

## Step Seven

*“We humbly asked Him to remove our shortcomings.”*

How It Works, Sixth Edition Basic Text – Copyright © 1982, 1983, 1984, 1986, 1987, 1988, 2008 by Narcotics Anonymous World Services, Inc. All rights reserved.

Character defects or shortcomings are those things that cause pain and misery all of our lives. If they contributed to our health and happiness, we would not have come to such a state of desperation. We had to become ready to have God, as we understood Him, remove these defects.

Having decided that we want God to relieve us of the useless or destructive aspects of our personalities, we have arrived at the Seventh Step. We couldn't handle the ordeal of life all by ourselves. It wasn't until we made a real mess of our lives that we realized we couldn't do it alone. By admitting this, we achieved a glimpse of humility. This is the main ingredient of Step Seven. Humility is a result of getting honest with ourselves. We have practiced being honest since Step One. We accepted our addiction and powerlessness. We found a strength beyond ourselves and learned to rely on it. We examined our lives and discovered who we really are. To be truly humble is to accept and honestly try to be ourselves. None of us is perfectly good or perfectly bad. We are people who have assets and liabilities. Most importantly, we are human.

Humility is as much a part of staying clean as food and water are to staying alive. As our addiction progressed, we devoted our energy toward satisfying our material desires. All other needs were beyond our reach. We always wanted gratification of our basic desires.

The Seventh Step is an action step, and it is time to ask God for help and relief. We have to understand that our way of thinking is not the only way; other people can give us direction. When someone points out a shortcoming, our first reaction may be defensive. We must realize that we are not perfect. There will always be room for growth. If we truly want to be free, we will take a good look at input from fellow addicts. If the shortcomings we discover are real, and we have a chance to be rid of them, we will surely experience a sense of well-being.

– Certain paragraphs of this literature were used for this newsletter. For the full chapter, go online for the full length PDF of this literature.



*Did you vote  
for the new  
logo yet?*

Let your homegroup's  
GSR know or send in  
your vote through our  
area's website!

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## Seventh Concept

*“All members of a service body bear substantial responsibility for that body's decisions and should be allowed to fully participate in its decision-making processes.”*

Twelve Concepts for NA Service, Copyright © 1989, 1990, 1991 by Narcotics Anonymous World Services, Inc. All rights reserved. Published 1991. Approved Edition 1992.

The Seventh Concept is one way of putting the principle of group conscience to work in the service environment. This concept suggests that each service body should encourage all its members to participate in its decision-making process. By bringing their different perspectives together, we give our service bodies the opportunity to develop a fully informed, balanced group conscience leading to sound, sensitive service decisions.

Our service boards and committees represent a cross-section of NA perspective and experience. Each participant's contribution to the decision-making process is important. Determining participation at the group level is fairly simple: if you're a group member, you may fully participate in the group's decision-making process. Determining participation in the decision-making processes of most service boards and committees is a little more involved, yet the same basic principles still apply. Freely expressed individual conscience is the essential element in group conscience at any level.

NA service is a team effort. Our service representatives are responsible to the NA Fellowship as a whole rather than any special constituency; so are all the other trusted servants on the team. The full participation of each member of the team is of great value as we seek to express the collective conscience of the whole.

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