

N.A.

N.A.

ANNOUNCED  
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**T H E**

**C L E A N**

**S H E E T**

PHILADELPHIA AREA

N. A. NEWSLETTER

NOV.  
'81

ISSUE # 3



## DO WE NEED A NEWSLETTER?

Newsletters are a fairly new addition to our area. Although there has always been an expressed desire to form a regular newsletter, progress has been slow. Input is badly needed for the continuation of a regular newsletter.

Through contributing input to the newsletter, we have an opportunity to share with members throughout the area. By members of different groups sharing their experience, strength, and hope on paper we can create a feeling of unity throughout the area. It is important to remember that we need no special skills or talents. If you've been clean for one day, write about how you stayed clean that day; it may help a new person. Everyone in the program has something to contribute to this newsletter. You can reach out to someone and help them get another day of abstinence.

Please send any input to:

NEWSLETTER

75 Mac Farland AV

Ivyland, PA 18974

For more information on what you can contribute, call: Pete or Al 322-1552

Terica 322-4197

John or Debbie 744-6552

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## PHILADELPHIA AREA SERVICE REPORT

The Phila. Area Services meeting was held at its new location for the first time last month. The new address is: 2125 Chestnut St. at the First Unitarian Church. Elections for new officers was held at this meeting. The following people will serve this area in the coming year.

(Beginning in January)

CHAIRMAN: John F. Wilmington, DEL

CO-CHAIRMAN: Rich M. from Levittown

TREASURER: Steve K. From Phila.

SECRETARY: Debbie S. from Phila.

AREA SERVICES REP: Bob M. From DEL

AREA SERVICES REP ALT: Pete B from Ivyland

PUBLIC INFORMATION: J.R. from Phila.

PRISONS AND INSTITUTIONS: Chip S. from Phila.

LITERATURE DISTRIBUTION CHAIR: Don D. Morris.

LITERATURE REVIEW CHAIR: Terica W. From Richboro

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## TWELVE TRADITIONS OF N. A.

1. Our common welfare should come first: Personal recovery depends on N.A. unity.
2. For our group purpose there is but one ultimate authority- a loving God as He may express Himself in our Group Conscience, our leaders are but trusted servants, they do not govern.
3. The only requirement for membership is a desire to stop using.
4. Each Group should be autonomous, except in matters affecting other groups, or N.A. as a whole.
5. Each Group has but one Primary Purpose- to carry the message to the addict who still suffers.
6. An N.A. Group ought never endorse, finance, or lend the N.A. name to any related facility or outside enterprise, lest problems of money, Property, or prestige divert us from our Primary Purpose.
7. Every N.A. Group ought to fully self-supporting, declining outside contributions.
8. Narcotics Anonymous should remain forever nonprofessional but our Service Centers may employ special workers.
9. N.A. as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. N.A. has no opinion on outside issues; hence the N.A. name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction, rather than promotion; we need always maintain personal anonymity at the level of press radio, and film.
12. Anonymity is the Spiritual foundation of all our traditions, ever reminding us to place principles before personalities.



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REGIONAL DIRECTORY

There is a regional literature committee that has just been formed. One of the goals of this committee is to compile a regional directory with the name of each group meeting in the Mid-Atlantic Region, the date, time, and address of each meeting, along with a contact person's phone number. If your group has not given this information, and wishes to be in the Regional Directory, please contact Rich M. 736-2421, or mail the information to:

REGIONAL LITERATURE COMMITTEE  
c/o RICH M. 15 MOON DR.  
FALLSINGTON, PA. 19054

Also, if you are interested in being involved in literature on a regional level your support is needed.

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MINI-LIT. CONFERENCE SUCCESSFUL !!

A mini-literature conference was held in Ivyland, for the purpose of generating literature and ideas for pamphlets on YOUTH IN RECOVERY, and HOSPITALS AND INSTITUTIONS, on November 13th, 14th, and 15th. Over 35 people turned out to share their experience, strength, and hope, and worked 'round the clock all weekend, writing, sharing, and giving it away. People came from all over Philly, from Allentown, from Jersey City, and even New York City. We thank everyone for their support - we now have ample material to make these pamphlets a reality.

In addition to the help we got towards these pamphlets, we also recieved a great deal of input for this newsletter, and people contributed their time, energy and ideas - for this, we are deeply grateful. THANKS!!

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*I HAVE "CLEAR SHEET"  
AND NECESSARILY PERMANENT.  
IF YOU LIKE IT, LET US  
KNOW. IF YOU HAVE  
OTHER SUGGESTIONS, LET  
US KNOW. THIS IS YOUR  
NEWSLETTER.*

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CLUBHOUSE REPORT

The need for an N.A. Clubhouse is stronger than ever right now. A lot of time and work has gone into raising funds, drawing up a constitution for the clubhouse, and now the time has come to find a place, and to ask for support. What we need is for people to be willing to donate some of their time, to make a commitment to help get this thing off the ground.

Right now, we have adequate funds and a constitution has been drawn up and approved. We are looking for a place somewhere in the Bucks County area... if anyone is willing to become responsible and take on a commitment, or knows of a place we could rent for the Clubhouse, please contact Pete, at: 322-1552, or write to: CLUBHOUSE

75 MacFarland Ave.  
Ivyland, Pa. 18974

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ALLENTOWN GROWTH

Allentown N.A. is currently in need of a lot of support. They are trying to form their own area up there, and thanks to the dedication and selfless service of several members who are willing to go to any lengths for their recovery, and the belief that a Higher Power is guiding their efforts to grow, they are making it! But they do need support...that's what this program is about, one addict helping out another. Last year, when one of our newer meetings in the Doylestown area was really struggling to stay alive, people from Allentown came all the way down here, week after week, in car loads, to help carry the message, and to lend their support. Time and distance was no excuse to them, they saw the need and they reached out their hand to help.

Now, they need a hand, so let's do what we can to help them out. This weekend (Nov.20th & 21st), there will be a 24 hour long Addithon in Allentown, beginning at 8:00 Friday night 'til 8:00 saturday night. There will be 6 speaker including Debbie S. from Phila, Tom K. from Atlanta, Ga. (celebrating his year), John N. from Sellersville, Don from Norristown, Cathy B. from Harrisburgh, Guido A. from Williamsport, Dolores from Clearbrook, and Brenda N. from Sellersville.



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ALLENTOWN (cont)

MID - SOUTH REGIONAL SERVICE CONFERENCE

There will be lots of food, discussions, and workshops, and plenty of good fellowship and love. Bill A. will be celebrating his 2 years.

Have you ever thought to yourself, "Gee, I wish I could have contributed to the writing of the Book of Narcotics Anonymous, but never had the chance"? Well, it's not too late. You can still contribute to making our book a reality. On the week of Nov. 22nd to Nov. 29th, there will be a service conference held in Memphis, Tennessee for the purpose of collating, binding, packaging, addressing, stamping, and mailing the Approval form of Our Book, our basic Text on N.A. Recovery. In order for our book to become approved by the fellowship, we have to make the approval form of the Book available to all members of N.A. so they can read it, and decide whether or not they approve it. The G.S.R's for every Group then vote the conscience of their Group at Area Services; then, The Area Services Reps vote the conscience of their areas at Regional Services, and the Regional Services Reps, World Services Conference Admin. Officers, W.S.C. Sub-committee Chairperson, MEMbers of the Board of Trustees, and a representative of the World Service Office will vote at the World Service Conference in Los Angeles in May of 1982 to approve our Book for Hardback printing.

So let's give them a helping hand up there and show our support. Tell a friend about it, and tell your friend to tell a friend, and help Allentown to grow...

Directions to get there are:

Take Rt. 309 North into Allentown  
Turn right on Hamilton St., go straight to 7th Street  
Turn right on 7th, go to Walnut St.  
Turn left on Walnut  
ST. JOHN'S LUTHERAN CHURCH at 6th & Walnut is the place.  
For more info, or if you get lost, call:  
Bill A. 776-1548  
Howie 820-9823  
Toni 432-0831

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NEXT REGIONAL SERVICES MEETING

The next regional services meeting will be held on Jan. 23rd in Passaic, N.J. The address is: 189 Paulson Ave. Passaic, N.J.

There will be a dance after the meeting.

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WE NEED YOUR SUPPORT

In order for us to put together future issues of the N.A. newsletter, we need your support. Any poems, short stories or literature you can contribute, please send to: NEWSLETTER

75 MacFarland Ave.  
Ivyland, Pa. 18974

Or give to Debbie S., John D., or Terica W.

The time has come to be, or not to be....to do, or not to do! Our Book is almost here. Members in Memphis send along these wishes: "We encourage and warmly welcome other areas and Regions to send participants. Accomodations will be provided for all. Come on down and take the Approval Forms of Our Basic Text back to your members. We need you, because we all Need our Book. Don't be a turkey, be Grateful and be a part of our N.A. History. BOOK on down and give thanks for your clean-time and Your Book on Turkey Day and during Thanksgiving Week in Memphis, Tennessee."

There's going to be a Thanksgiving Feast and a half there, and lots of workshops on pamphlets and manuals, in addition to the work on the Book. For more info, call: Joseph (901)-529-8779 or Kathy, Deb, or Steve (901)-725-1822 or Richard or Cindy (901)-324-0200 or Lee (901)-276-6163



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POETRY AND STORIES

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LAST CHANCE

IN THE BEGINNING, IT WAS SO NICE  
TO BE HIGH EVERY FIVE MINUTES  
AND LIVE IN A FALSE PARADISE.  
NEVER A PROBLEM, NEVER A CARE,  
BUT LITTLE DID I KNOW,  
THERE WERE SO MANY THERE.  
MY BODY BECAME WEAKENED,  
AND MY MIND MORE CONFUSED,  
BECAUSE THE GAME I PLAYED IN LIFE,  
I WAS ABOUT TO LOSE.  
ALWAYS A STORY, ALWAYS A TALE,  
BUT, PRETTY SOON, THE LIES BEGAN TO  
FAIL.  
BUT THEN ONE DAY, AS FUNNY AS IT SEEMS  
GETTING CLEAN CAME INTO MY LIFE,  
AND ANSWERED ALL MY DREAMS.  
SO THIS IS MY LIFE,  
SO FORTUNATELY ENHANCED,  
I'LL DO IT RIGHT THIS TIME,  
...CAUSE IT IS MY LAST CHANCE

by Mark J. '81

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A TOUCH OF SOBRIETY

Mornings I wake up, can almost touch the  
sky; When complete fullness and care  
Touch both mind and heart.  
Feeling space, knowing not of time these  
are the days  
That will truly be mine.

Objects appear, not to hold meaning.  
Trees, rocks and things cease to exist  
for some.  
When actually, in reality, they display  
The true colour and beauty of life.

Anonymous

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YESTERDAY/TODAY/TOMORROW

Forget YESTERDAY, I am where I am.  
I know where I could have been,  
Had I done what I did not do.

Tell me, my friend, what can I do  
TODAY  
To be where I want to be,  
TOMORROW?

by Eutcher

AN ANONYMOUS PRAYER

Where are we at  
At this point of our lives?  
Trying to be happy,  
Trying to strive.

May the Lord help me through  
Days of despair;  
May the Lord be there when  
I need His care.

May the Lord carry me  
Through days of fear;  
May the Lord love me always  
And hold me dear.

May the Lord be with me  
Through Love and through Hate;  
May the Lord help me Accept  
Eventual Fate

For this I'll give  
What I have recieved  
For this I'll love  
And feel I have achieved.

Lord take the obsession  
Away  
Lord keep me clean  
Through the Day.

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SANITY

What is reality? I always considered  
myself to be an expert on the subject,  
having had my consciousness raised by  
taking drugs. Lately, I am amazed at  
just how wrong I was. I had a very nar-  
row, partial, negative, and distorted  
view of reality. As I clear up, I find  
that anything I think about seems to  
change. My most cherished beliefs and  
illusions are being knocked down like  
ten-pins. This tended to upset me at  
first...after awhile, though, I began to  
see that my beliefs and feelings were  
just dirt on the window. To get a closer  
view, a clear view, I had to scrub the  
negativity away. It has been a long,  
hard job, but I found at last that un-  
derneath all that garbage was a human  
being. Now I can enjoy life, because  
I am beginning to discover who and what  
I really am, and I like what I see. Now  
my consciousness is really being raised  
and I thank God and N.A. for my joy and  
my program of discovery.

Jack V..



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A GIRL GROWS UP

Since I've come here, I've faced: reality, my problems, my family, and most of all, myself. Getting clean and having sobriety is a big part of my life and a beautiful experience to have. When I wake up, I'm thinking about living for today and staying honest and keeping my sobriety. I've been in a rehab for five months, now. It brought back my childhood. I never thought I would have it back, but I do now. And I thank God for that! I admitted to myself and another human being that I am a junkie. I learned to love, not only myself, but others as well. I share my growth with others who need it. I can really come to believe growth is survival.. I'm not here to live, but to learn how.

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"ME" - (LOOK FOR TODAY)

ME, CAN THIS BE SO?  
AM I MY ONLY FOE?  
ME, THE ONE LIFE I HOLD,  
WHY MUST I BE COLE?  
ME, I WRITE AND WANDER,  
PAGES TORN ASUNDER,  
ME, DO I STILL HAVE TIME?  
LIVING IS AN UNANSWERED RHYME

STAY ONLY FOR A WHILE  
LOOK INSIDE, WITH A SMILE  
IF I WOULD LIKE CRYING,  
I'M ONLY OPEN FOR DYING  
STILL, ALL IS ALWAYS CALM,  
THAT IS MY PRAYER, MY PSALM:  
ONCE I WENT THROUGH A CRUCIFIXION  
KNOWN AS THE ONE, AN ADDICTION.

LOOKING BACK, I AM FILLED WITH HURT,  
I GUESS I WAS JUST DIRT.  
LOOKING BACK, WITH LAUGHTER,  
I GUESS IT WAS JUST THE MORNING AFTER.  
LOOKING BACK, RESTRAINING TEARS  
I GUESS I LOOK AT LOST YEARS  
LOOKING BACK WITH REMORSE  
I GUESS I CHOSE A WRONG COURSE  
MY MIND IS FILLED WITH NOW  
THE NEW SEED THAT I SOW.  
WHY MUST I HAVE A DEPRESSION?  
IS THERE ANY CONFESSION?  
YES, I CONTAIN CONFUSION  
EVER SEARCHING FOR A SOLUTION.  
SUCH AS I ALWAYS SAY  
CONTINUE LOOKING FOR TODAY.

Anonymous

LET GO, LET GOD

As children bring their broken toys,  
with tears for us to mend.  
I brought my broken dreams to God  
Because He is my friend.

But then,  
Instead of leaving Him  
in peace to work alone,  
I hung around and tried to help,  
with ways that were my own.  
At last I snatched them back and  
cried

"How can You be so slow?"  
"My child," He said, "What could I  
do?"

"You never did let go!"

LET GO,  
LET GOD!!

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LET THIS RIVER RUN

LET THIS RIVER RUN AGAIN,  
LET IT FLOW AROUND THIS BEND  
FREE TO BE ABLE TO REACH  
THE SEA OF LIFE,  
CLEAN AND CLEAR DOWN TO ITS BED,  
ROLLING EVER FORWARD,  
AVOIDING STAGNANT POOLS OF DEPRESSION  
PAST TURBULENT WATER-FALLS, OBSESSION  
THROUGH CRYSTAL-CLEAR STRETCHES  
OF CALM AND SERENITY...  
LET IT ROLL

GIVE IT LIFE

LET IT BE FREE

LET IT BE ME!

by Pete B. ('80)

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TOMORROW

What does tomorrow hold  
What will we need,  
we weren't ever told that  
Tomorrow is guaranteed.

You might feel sorrow if  
You don't comprehend,  
Today is only yesterday's  
Tomorrow, today could be the  
end.

If we'll be here tomorrow  
God can only say,  
So don't try to borrow time  
Until another day.

Charles K. (Florida)