

Issue #1

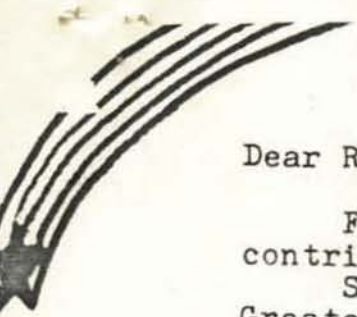
Jan. 83

*Greater*  
*Philadelphia*  
**CLEANSHEET**

FREEDOM



Universal Program



Dear Readers,

Firstly, we would like to thank all the people who contributed to this 1st issue on such short notice.


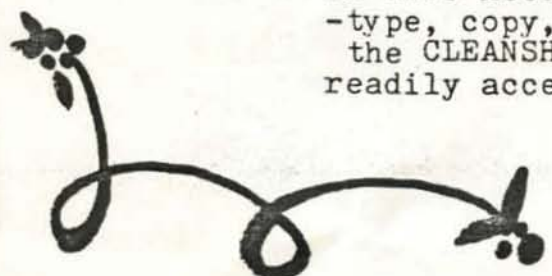
Since the CLEANSHEET will be starting in the Greater Phila. area again, we need input! If you are feeling happy, sad, angry, lonely, tired, grateful, scared, or just glad to be alive don't hold it all inside! Write it down and send it to us!!! We need YOU because YOU ARE THE MIRACLE that keeps us alive.

The CLEANSHEET committee will meet every Sunday night at 7:00 PM at 3438 Decatur Street. Phila. PA. For more info- call Marnie- 624-5539.

We also need people who can

-type, copy, and use good imagination in putting the CLEANSHEET together. New ideas will be readily accepted!

Thanx Lots,  
CLEANSHEET staff



Look to this day~  
yesterday is already a dream,  
and tomorrow a vision,

But today well-lived,  
makes every yesterday~ A  
dream of happiness, and  
every tomorrow a vision of

HOPES!



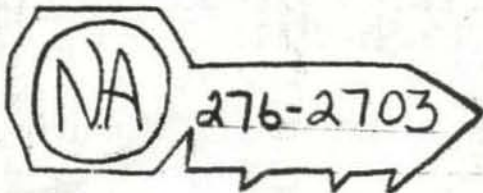


Narcotics

Anonymous

FEELING LOCKED OUT?

If things don't seem to be getting any better; let's  
might be the drugs!



276-2703

← Here's the key.

Philadelphia, PA. P.O. Box 11526  
24 HOUR HOTLINE

## NEWCOMER

You come to us with those empty eyes-

Haunted, searching, desperate for friendship,

Understanding and love. You remind me of me.

Your denial, your "Not yet's"

Will you ever surrender? Stay with us?

Or will your "not yet's" Become reality?

We tell you- You have a choice...

But do you hear us? The streets call to you

Will you go back to them? Time will give  
us answers. Until then, Our moment of silence

Is for you, my friend... All roads do lead to  
surrender-But yours seems so long.....

### PEOPLE--PLACES--THINGS

You know I can never emphasize too much the importance of staying away from people, places, and things in order to maintain sobriety. And I'm not just talking about all your old friends and old hang-outs. I can find the same people in different bars, on different corners, in all kinds of neighborhoods.

And when I talk about sobriety, I don't just mean abstinence from drugs and alcohol. Sure, I can go around old friends or go to a bar and not pick up, but every time I do, I better make sure I have a sober friend with me and that I am on firm spiritual ground. If I'm not, man am I in for trouble! I may not pick up, but the insanity and the doubts that go through my head are enough to make me feel like I picked up or got high.

In the beginning when people in the program told me to stop hanging around my friends, or even talk to them, boy, did I argue with them! I told them there was no way I was going to stop talking to my best friends because they told me to. She was my friend. In fact, she was such a good friend, when I walked out of her house overdosing, she didn't even follow me to the door or walk me home. Then she didn't even call me to see if I was okay. That's what kind of friends I had. I'm sure yours weren't much different. What kind of friend gives you ludes when you're O'Ding? Friends that won't take you to the hospital or take you home; but gives you more drugs! Certainly not the kinds of friends I want or have today. People I have in my life, places which in



I live my life, and the things I have in my life are the best today, because I got them through God, and the twelve steps of NA.

-an anonymous addict

DIRTY OLD SPOON

The needle and that dirty old spoon- I tell you people you don't know what you do. You put it in your arm, and say it will do no harm.

But It's a cold stop so it's not worth that first shot; it will only put you in a grave, you got to do something to save yourself from that way.

You think it's cool, but in reality, it's not. You'll lose your life with each and every shot.

Lonliness, Despair, and pain is the needle-and that dirty old spoon's only game. You destroy your life and everyone around you, it will leave you as it found you.

Will turn you to dust-drain your mind & soul-will have you under its control!

So save yourself and stop doing what you do. With help you can see it through...

SLIM---Kensington NA

JUST FOR TODAY

JUST FOR TODAY-my thought will be on my recovery, living and enjoying life without the use of drugs.

JUST FOR TODAY-I will have faith in someone in NA who believes in me and wants to help me in my recovery.

JUST FOR TODAY-I will have a program. I will follow it to the best of my ability.

JUST FOR TODAY-through NA I will try to get a better perspective on my life.

JUST FOR TODAY-I will be unafraid, my thoughts will be on my associations, people who aren't using and who have found a new way of life. So long as I follow that way, I have nothing to fear...



## I DON'T KNOW EVERYTHING

Whenever I come across someone who knows everything, I think about the times I knew everything. I knew everything before I came into NA, which of course was active addiction. I think about the person who said he's been everywhere, knew about so much and sounded so good. Yet for some reason his marriage was broken, he was on welfare, he lived on the street, oh, and needless to say used drugs.

I also think about the time I relapsed. Then I also knew everything. The Big Shotitis returned, the honesty was gone, so was the open mindedness and the willingness to try. See, I knew everything, so there was no reason for the three most important things in my clean time.

With the help of my higher power I made it back into the program, and I pray everyday on my knees for the three things that kept me clean before. One of many very important things that I did learn through all this was that anybody who comes off like they know everything is probably because they know nothing at all.

An Anonymous Dope Fiend  
(from South Philly)

Hey little person out there in the cold-  
Don't think life is just one big game,  
without meaning or aim.  
It just so happens there is happiness and fun-  
Not that it's easy to find!

Find yourself-little person  
Behind your bold appearance  
you run scared.

The problems you face are not yours alone.  
Someone can help in your struggle.  
Pull yourself together  
and try not to run-  
Realize that you're not the only one!



RESCUE THIS CHILD

Oh, God, Please help my child. She has no direction, no goals. She's wandered away from so much that she used to be, or that you, her creator, would have her be. And I am not only worried sick about this, God, I feel guilty. I search my own behavior, asking, "Why"? What have I done to bring this about? Where have we, her family, failed? That she, with all her goodness and beauty, her brains, her tremendous potential, should be so lost. Right now it's as if she's nobody, going nowhere, at a time when the rest of the world is on its way.

Dear God, Please find and restore my wandering child. Arouse in her a sense of purpose, steady her, set her upon her rightful path and walk with her—we who love her can't do it. Only you, who love her even more can do it.

I offer her to you now, whole and beautiful and filled with promise, the way you sent her to us. Thank You for helping her to become the person you meant her to be.

Naranon member from Florida

IT DOESN'T HAVE ANYTHING TO DO  
WITH A DRINK OR A DRUG

Hi! I am an addict, and clean today through the Grace of God and the NA Fellowship. I know today that just because I don't use everything isn't necessarily going to go right. Today I feel bad and sometimes I feel good. I thank God for the balance, because the last part of my addiction, it seemed like every time something good happened—10 other things went wrong. And all I ever did was use drugs and forget everything.

Thank God for the freedom that the NA Fellowship taught me—freedom to pick up or not. There will be



a lot of things that will make me feel good or bad,  
but no matter what I feel today, I know that it does  
not have anything to do with a drink or a drug.

John S.  
(Oxford Circle group)

# Announcements

Meetings that need  
Support...

PHILA.

Clubhouse:

TUES. NITE - MEN'S MEETING  
8:30

SUNDAY AFTERNOON 2:00

St. Mary's: THURS. NITE  
8:00

St. Joachims: SUN. NITE  
8:00

Freedom group: Sat. 1:00

Bucks Co.

Hulmeville group moved  
from Hulmeville Rd to  
Street Rd. across from  
Keystone Racetrack in  
Ann Carmichael Church.  
Holy Ghost - Fri. 8:30

Central Bucks East School  
WED. NITE 7:30

Moorestville meeting:  
MON. NITE - 8:00

Montgomery Co.

Friday at 8:00 group -  
Norristown St. Hosp

The Cleanheet staff would  
like to congratulate these  
people on their special days

Billy M. - DEC. 24 6 YRS.

Dan B. - DEC. 24 24 YRS.

Mindy L. - Jan. 29 1 YRS.

Dawn G. - Jan. 16 1 YRS.

Kathy D. } JAN: ... 1 YRS.

Chuck L. } ... 5 YRS.



# Upcoming Events

Living A Miracle  
Atlanta, GA Regional  
Feb. 24, 25, 26, 27  
For More INFO -  
write  
GRCNA 2  
P.O. Box 47521  
Atlanta, GA 30362

Literature  
Conference  
Jan 13-16  
75 McFarland Ave.  
Cleveland, Pa.  
call:  
Pete - 322-8896

4th EAST COAST  
CONVENTION  
Bethlehem, PA.  
Lehigh University  
June 83"  
For More INFO -  
Pete - 322-8896  
Bill - 776-1548

WE MADE A DECISION  
Ohio's 1ST REGIONAL  
MAY 27-29  
For More INFO -  
CALL  
Bob B. (614) 486-3280  
or  
Phil P. (513) 399-2231

\* \* \* \* \*  
\* WORLD \* \* \* \* \*  
\* CONVENTION \* \* \* \* \*  
\* New York \* \* \* \* \*  
\* September 83" \* \* \* \* \*  
\* MORE INFO WILL \* \* \* \* \*  
\* SOON BE AVAILABLE! \* \* \* \* \*  
\* KEEP IT IN MIND! \* \* \* \* \*  
\* \* \* \* \*

NA Tradition  
Learning Day  
JAN. 29, 1:00 PM til ?  
Pittsburg, PA.  
For More INFO -  
EBEN - (412) 362-4930  
Shannon - (412) 242-8698

BETREAT  
LEMONT, ILLINOIS  
April 9-11  
For More INFO -  
write - KURT;  
222 S. KATHARINE  
LA GRANGE, ILL.  
60625

WINDS of CHANGE  
1st ANNUAL  
Virginia State  
Conference  
Jan. 7-9  
For More info:  
Bob S. (804) 853-6509  
or  
Sue H. (804) 467-4367

DANCE  
Mooresville  
Meeting 8-9.  
DANCE 9-?  
JAN. 15th.  
For More INFO -  
Mike - 295-1920

MY HELL IS OVER



BY ME STAYING SOBER