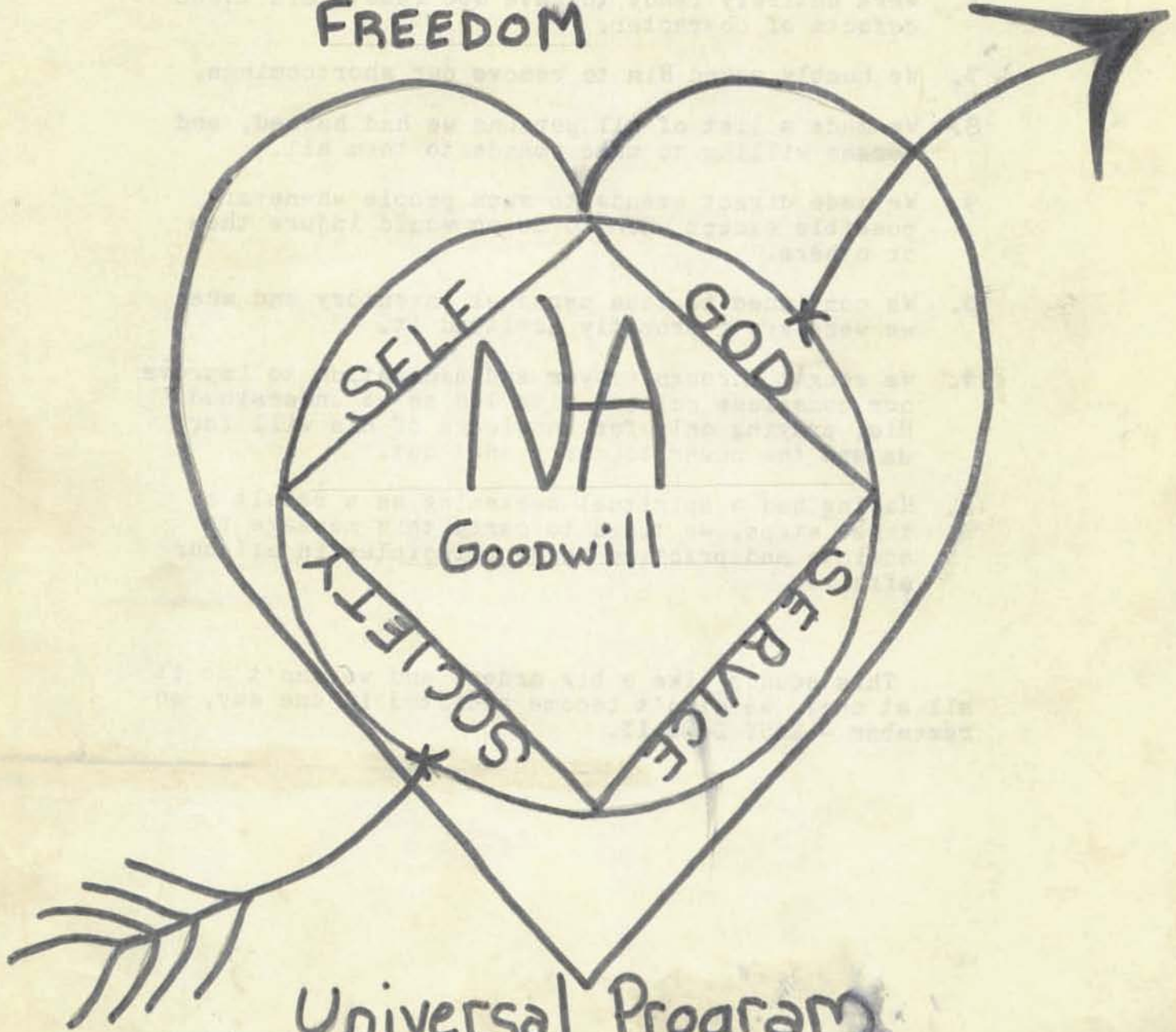


Greater Philadelphia

CLEANSHEET

FREEDOM



Universal Program

12 STEPS of NA

1. We admitted we were powerless over our addiction, that our lives had become unmanageable.
2. We came to believe that a power greater than ourselves could restore us to sanity.
3. We turned our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. We humbly asked Him to remove our shortcomings.
8. We made a list of all persons we had harmed, and became willing to make amends to them all.
9. We made direct amends to such people whenever possible except when to do so would injure them or others.
10. We continued to take personal inventory and when we were wrong promptly admitted it.
11. We sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of his will for us and the power to carry that out.
12. Having had a spiritual awakening as a result of those steps, we tried to carry this message to addicts and practice these principles in all our affairs.

This sounds like a big order, and we can't do it all at once, we didn't become addicted in one day, so remember --EASY DOES IT.

I KNOW I'M SOMEBODY



'cause God don't make no junk!!

Dear Readers,

Since the CLEANSHEET will be starting in the Greater Phila. area again, we need input! We cannot stress how important it is because we need your work to stay alive. After all, You are the MIRACLE! If you are feeling happy, sad, angry, lonely, tired, or grateful, don't hold it in-write it down. Give articles to John Swanson or send to 3438 Decatur Street, Phila., PA 19136 c/o CLEANSHEET.

Thanks again! We would readily accept any new ideas concerning the format of the CLEANSHEET, or anything in general.

CLEANSHEET staff



Narcotics

Anonymous

FEELING LOCKED OUT?

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



276-2703

← Here's the key.

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

THANK YOU GOD

I wake up each morning, "Thank you God for this day,
Please keep me sober in every way-under any and
all circumstances, that must be made clear!
Getting high today is all that I fear."

My day may go happy, it may go sad-
It's always 100% better than what I had.

Before going to bed, "Thank you God for this day,
For keeping me sober, it really went okay!
For the desire to be clean, through everything
that could go wrong-because this state of
mind is where I belong."

Today I'm not afraid to show my face-
It's only because I'm sober through
God's Grace!!

--Marnie

GRATITUDE

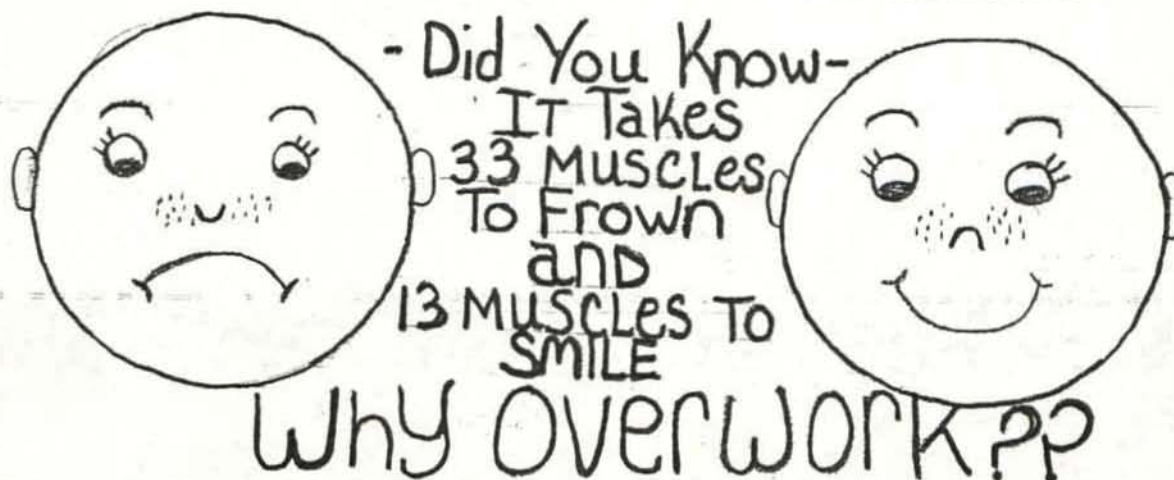
As a recovering addict I found putting the drink and drug down was not enough, in order to stay clean I had to change; on a daily basis. The change is slow; however, it is compensated by growth. The "Poor Me" syndrome has been replaced by "Gratitude". I recognize my gratitude as a reward from my Higher Power, time, change and N.A.

Gratitude is being and feeling thankful, simply honest recognition of help received. It overwhelms me that today I have the ability to feel the beauty of this virtue; however, in order to feel I had to start looking at what was holding me back and I found that feeling sorry for myself was the culprit.

By following advise I have learnt to replace "Why is this happening to me" with "Thank you for allowing this to happen to me"; no denial of feelings just substitution. By having this outlook I am able to express my feeling of gratitude for every situation I find myself in both good and bad. I am no longer fighting growth, a by-product of gratitude by taking a drug or a drink, I have surrendered.

I didn't realize that by taking one barrier down, that the others would slowly start to crumble; one ray of sunlight has crept into my life. That ray is Sobriety; for which I am grateful.

-A Recovering Addict



* THE N.A. PROGRAM *

N.A. is a place to go to work on themselves
I hope it will show...
We drank our booze and did our drugs,
Instead of fighting, now we get hugs.
We came here to learn how to grow
Don't try it too fast, we better go slow.
We are sick and tired of getting high,
The life back then, just flew by.
We did our crank and our PCP
Now we can love again and be free.
We did our ups and our downs,
We did them so much, we were all clowns.
We robbed and we stole from everyone,
Now we look back and it wasn't that fun.
We came home all wasted at night,
Now we can see it was an ugly sight.
We lived our lives of insanity and crime,
Now we can stop this Nursery Rhyme.
We smashed our car into a tree,
Now we are sober its easier to see.
Our past is gone and our present is reborn
God gave us this gift, not the guy with the horns!
Now we are here, I would like to say,
We better let go and do it God's way!

* -Marlene O. *

A fifteen minute walk, a hustle here and there- →

I tried to dissolve those feelings
That deep inside were there.
Never really thinking that there was another way;
I'd take some pills or drink a fifth,
And try to forget the day.
Hurting, lying and stealing was all that I could do-
to help support my illness,
and get stoned for an hour or two.
Today its all so different, my daily life has changed.
Those once so important priorites, have been completely
rearranged. That horrible life of addiction,
is gone just for today-

And with God in my heart, I can truly believe that

NA is the better way.

* -Jodi Beth *

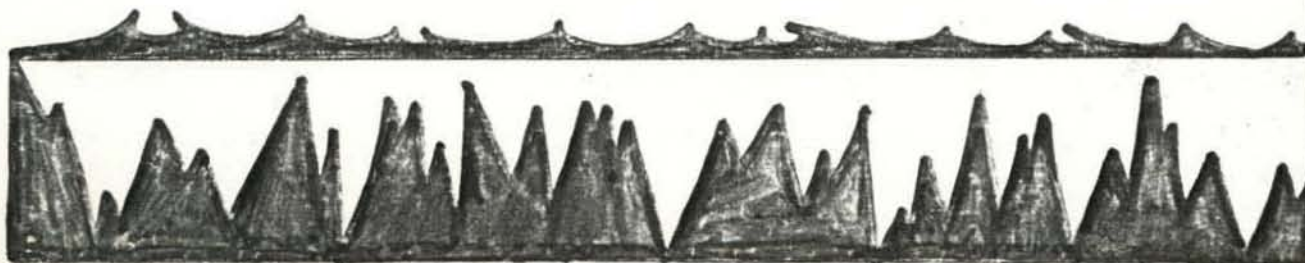
THEY MADE ME THIRSTY

I'm sitting here thinking about the way I came around this program. As a matter of fact I was brought. There came a point where I had a choice to either go to a rehab or to jail. Of course I picked a rehab. When I went there I did not have any desire to stay clean. I just wanted to beat the court rap. I stuck it out for a day, then that day turned into two days and it went on and on. As each day went by, I started wanting what these people had, but I still wanted to use.

Today I thank God for the people that stuck with me even though they knew I wanted to leave. One of the main sayings that stuck in my mind was, "You can bring a horse to water, but you can't make him drink." It's true, but you can make me thirsty. And that's what happened to me. That attraction, and I wanted it. They told me to stick it out. And I did in spite of myself. I got it. I don't know how. But today I have that desire to stay clean. Thank you, God!!!

---John S.

Living one day at a time. Enjoying one moment at a time; accepting hardships as the pathway to peace; taking as He did, this sinful world as it is, not as I would have it; trusting that He will make all things right if I surrender to His will; that I may be reasonably happy in this life and supremely happy with Him forever in the next.



* Announcements *

Meetings that need support

Phila.

The CLUBHOUSE at Harbison + Blvd. IS CLOSED!

Tues. nite, Wed. nite, Thurs. nite & Sun. afternoon meetings are trying to locate new meeting places. But they will continue... more info. will be in posted & in next month's Cleansheet.

St. Mary's - Thurs. 8:00.

St. Joachim's - SUN. 8:00

Freedom group at Bridge St. rehab. - Sat. 1:00

Bucks Co.

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

Central Bucks East School - Wed. 7:30.

Mooresville meeting: MON. 8:00

Montgomery Co.

Fri. at 8:00 group Norris town St. Hosp.

Anniversaries

Dutch H. (NJ) Dec. 30 - 10 yrs

Verann - Jan. 7 1 yr.

Jodi + Dave S. } JAN. 27
↓ ↓
1 yr. 2 yr.

CHRIS K. JAN. 15 - 2 yr.

Henry - Feb. 2 - 1 yr.

Ricky O. Feb. 8 - 1 yr.

Ellen H. Feb. 15 - 2 yr.

George R. Feb. 27 - 6 yrs.

Susan H. (VA) Feb. 1 - 1 yr.

Liz (NJ) Feb. 4 - 1 yr.


Lori A. (NJ) Feb. 23 - 1 yr.

THANKSGIVING

November 25, 1982

I'm especially grateful this year because I probably for the first time in my life feel that I have something special to be thankful for. That is being the mother of addicts. I'm certain there are many people who cannot understand this. It must be very easy to be proud of my son, the doctor, the lawyer, the accountant, etc... But they just don't know how proud you can be of a recovering addict and just as proud of the one that is trying very hard to recover and has not quite made it yet.

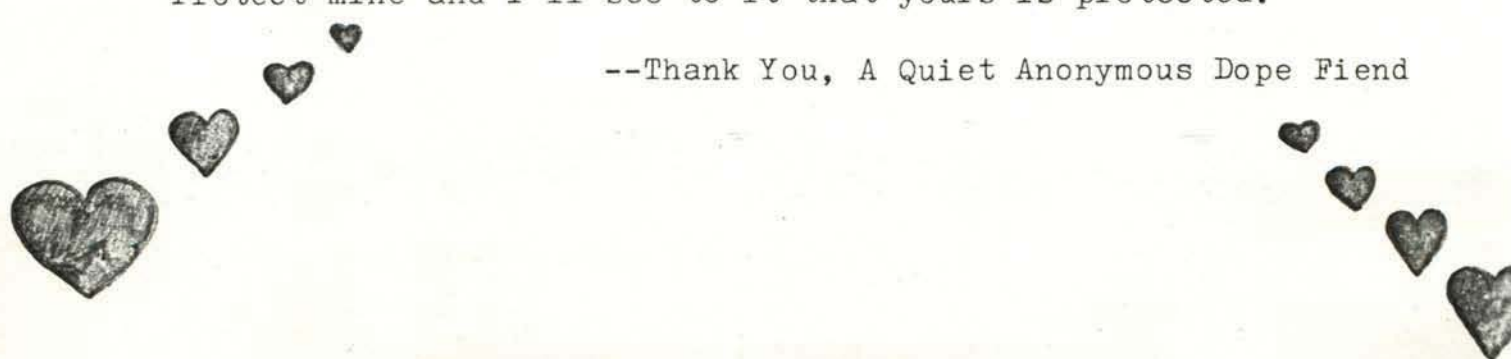
Their efforts and struggles are very well known to us in this room. Because of my addicts I have grown and found a program. I thank them for allowing me to finally reach my bottom and let go with love so that they could find their own way. I just want to let them know I love them and all of you alot for sharing and caring. God bless each and every one of you and may all of our prayers of Thanksgiving be answered.



DEATH OF GOSSIP

I'm praying for the death of gossip. It's all such a destructive means of communication. Can we not learn to simply talk to one another on a regular basis rather than act as if our fellowship was a soap opera that we had not been watching for awhile? Why must people continue to restate each others words until they get all twisted and turned around and become destructive to one's reputation-whatever that may be? I have heard of some terrible comments about my friends (which may or may not be true) that could possible destroy any chance at unity that we may have. It is one of the most demeaning ways of getting to know about the people I know and love. If they wanted me to know what was going on in there life, I think they would tell me. I would rather tell you about myself personally, than have you treat me like dirt because you heard something you didn't like through the grapevine. Gossip must die, or it may be me. It could be you. We could all outcast each other merely by spreading it thick in the local gossip get-togethers. Please, let this be the last word said on this matter. I need not remind you that anonymity is the foundation we stand on. Protect mine and I'll see to it that yours is protected.

--Thank You, A Quiet Anonymous Dope Fiend



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

1st Annual
L.R.C.N.A.
Convention
Best Western
Regency Motel
102 Lake St.
Shreveport, La.
Feb. 19th + 20th

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! * * * * *
* * * * *

Retreat
Phila. Pa.
Aug. 5-6-7.
For info call: (215)
Jodi - OR7-2460 or
John - 425-3958

BETREAT
LEMONT, ILLINOIS
April 9-11
For More INFO -
Write - Kurt:
222 S. KATHARINE
LA GRANGE, Ill.
60625

Bryn MAWR
group celebrating
2nd anniversary
Nararion + NA
March 7
food + refresh.
For more info:
call Kathy -
566-6725

Dance
Feb. 13 - 7:30 - 12
United Steel
workers Hall
Phila. Pike
Clamont, Del.
Proceeds go to Penn-
Del. tri County
Hotline

SEEK & FIND

T	R	A	D	I	T	I	O	N	S	D	P	L	E	H
P	E	E	L	V	Q	M	O	D	E	E	R	F	O	X
R	W	T	C	W	U	S	P	E	T	S	A	N	Y	M
A	O	O	Y	O	F	U	R	T	S	D	E	Z	I	S
Y	P	D	T	U	V	S	A	E	I	S	P	R	W	S
E	R	A	I	E	N	E	L	C	T	U	A	L	C	E
R	E	Y	M	S	F	R	R	Y	L	C	Q	O	H	N
C	H	T	Y	V	E	E	X	Y	L	E	U	V	U	G
E	G	L	N	W	J	N	H	E	G	R	A	E	M	N
N	I	M	O	D	S	I	W	O	A	I	N	N	I	I
E	H	P	N	X	J	T	M	G	N	S	E	C	L	L
R	N	V	A	N	O	Y	E	H	D	E	R	V	I	L
E	Z	L	O	P	E	N	M	I	N	D	E	D	T	I
S	O	B	R	I	E	T	Y	E	U	Q	S	B	Y	W

recovery wisdom desire honesty TODAY
serenity willingness powerless HIGHERPOWER QUIT
courage traditions miracle steps PRAYER
openminded serene sobriety freedom
Anonymity love Humility HELP

12 TRADITIONS OF NA

1. Our common welfare should come first; personal recovery depends upon NA 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 NA membership is the desire to stop using.
4. Each group should be autonomous except in matters affecting other groups or NA as a whole.
5. Each group has but one primary purpose—to carry its message to the addict who still suffers.
6. An NA group ought never endorse, finance, or lend the NA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.
7. Every NA group ought to be fully self-supporting, declining outside contributions.
8. Narcotics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. NA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Narcotics Anonymous has no opinion on outside issues; hence the NA 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 films.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

MY HELL IS OVER



BY ME STAYING SOBER