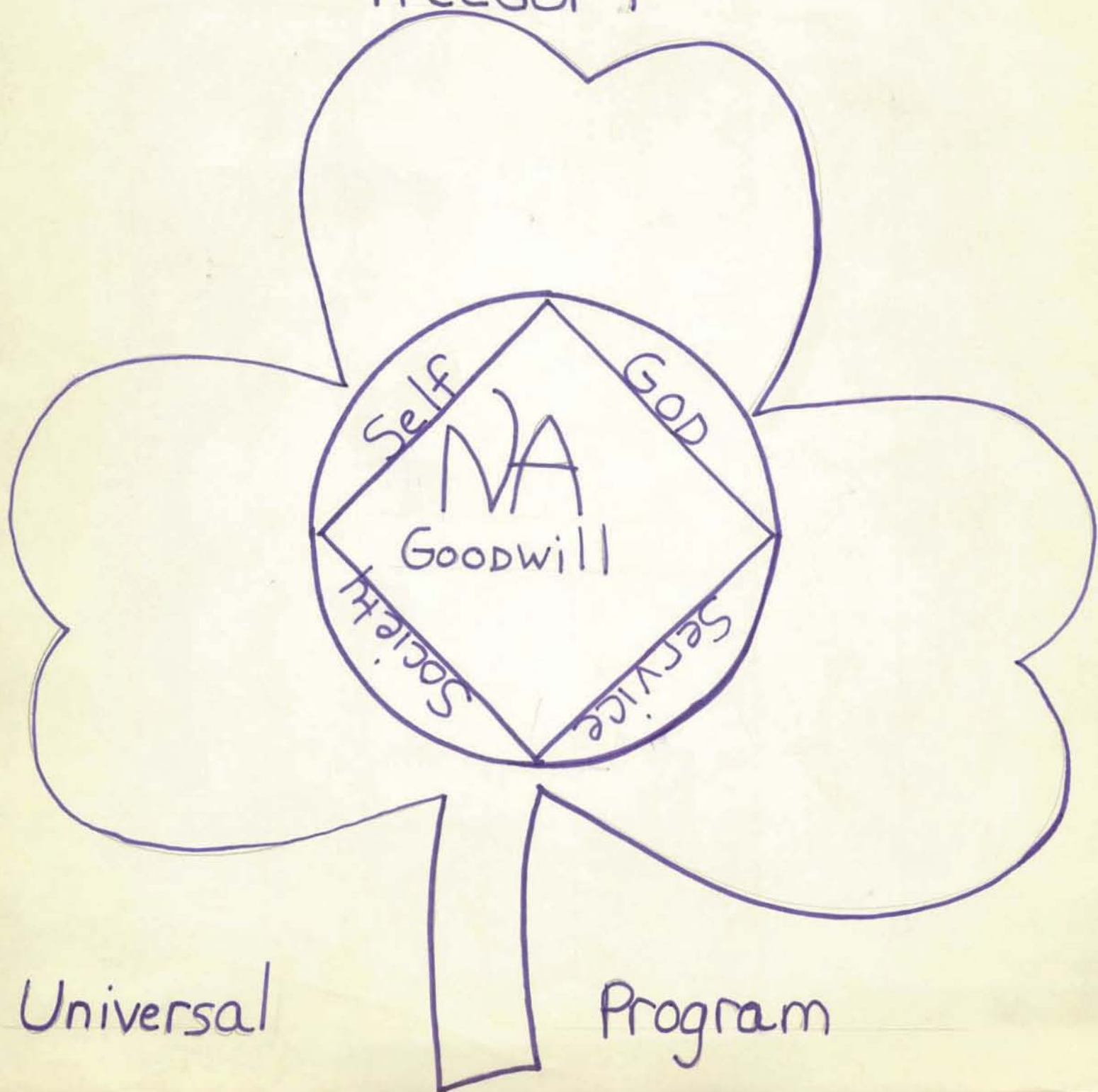


Greater

Philadelphia

CLEANSHEET

Freedom

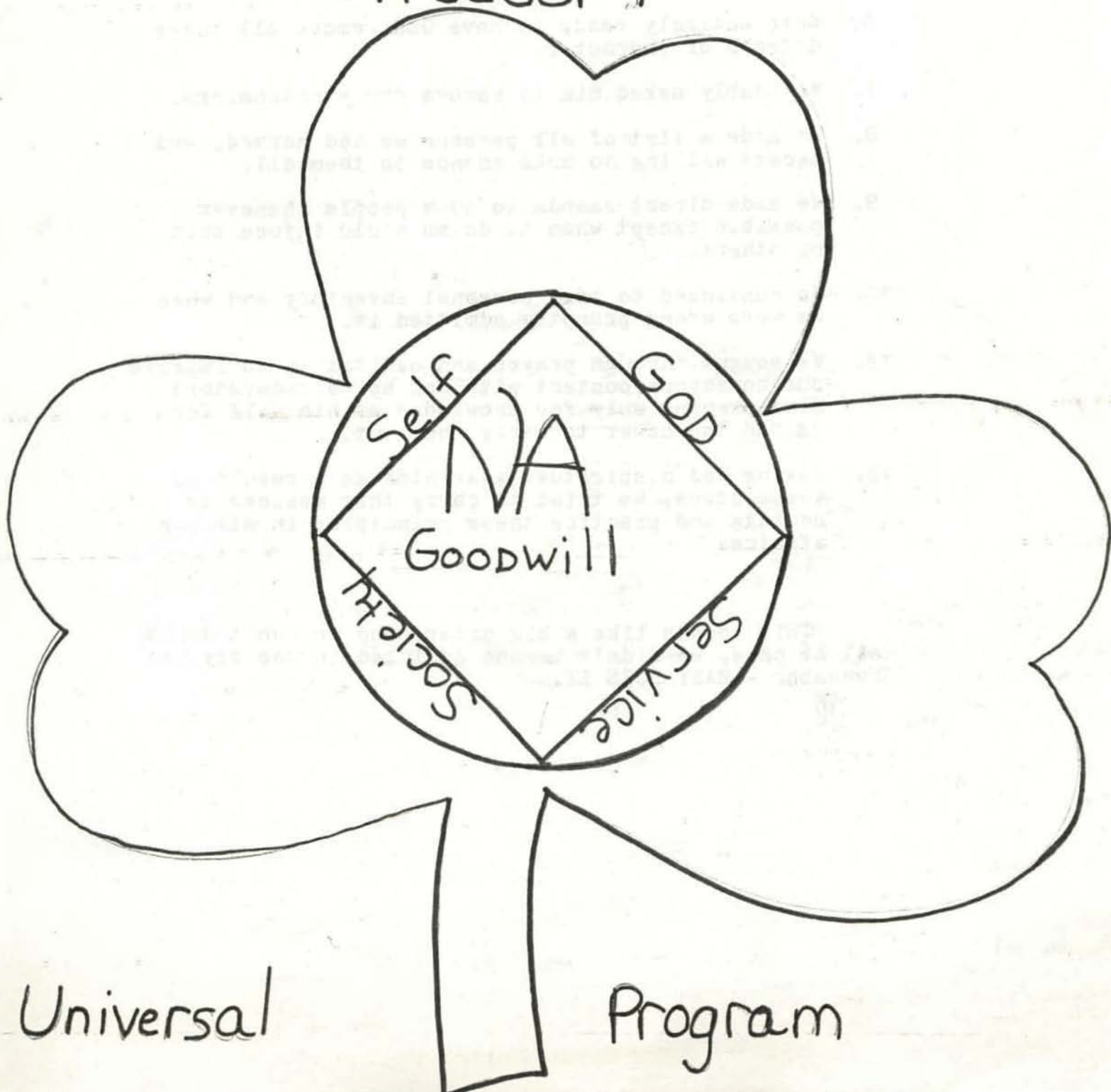


Universal

Program

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.

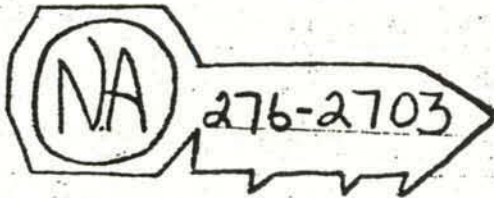


Narcotics

Anonymous

FEELING LOCKED OUT?

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



← Here's the key.

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

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

I was a teenage burn out, grown up on the way out.
May it help you to know, if you really want to grow.
Don't cop out and be a burn-out.

Drank plenty of whiskey and lots of beer.
Gave my whole life little cheer.
Broken plenty of bones, robbed many of homes.
Since I was nine, lived a life of crime.

Done all kinds of downs, from yellow, toueys, and reds.
Seen all typed of clowns, that will just wind up dead.
PCP and LSD, you can do till your 93.
Do them till your teeth fall out, but you'll always be a burn-out.
Shot plenty of bags, full of speed and of scag.
Was all a big joke but now I've awoke.

For God gave me life, and intelligent brain.
But the drugs were a knife, that caused me much pain.
And to not only me, but my whole family.
And to all those who cared, just really got scared.

So if you want to take the chance, it's your own life go ahead.
But you'll soon find out, that you'll just wind up dead.
And your digging your grave, thinking your brave.
Only killing yourself, going straight to hell.
But I wrote this for the living, not thinking of those past.
For I am giving, hoping you'll last.

Now staying sober is my life, with God and NA it's no strife.
I've decided to live, and all my help I will give.
To those that have not, gone totally burn'out.
One Day at a time, ~~won't drink beer or wine.~~
And no drugs I will take, for my own body's sake.

And now I'm alive, God's given me the drive.
And my hell is all over, By me staying sober.
Now I stayed sober today, before bed I will pray.
To thank God for giving, this wonderful JOY OF LIVING!

When Trees Grow
They spread their branches -
When We Grow -
We spread our
LOVE ♡♡♡

I am more powerful than the combined armies of the world.
I have destroyed more men than all the wars of the nation.
I have caused millions of accidents and wrecked more homes
than all the floods, tornados and hurricanes put together.
I am the worlds slickest thief. I steal billions of dollars
each year.

I find my vicitims among the rich and the poor alike, the
young and the old, the strong and the weak.

I loom up to such proportions that I cast a shadow over
every field of labor.

I am relentless, insidious, cunning and unpredctable.

I am everywhere-in the home, on the street, in the factory,
in the office, in the school, on the sea and in the air.

I bring sickness, poverty, destruction and death.

I give nothing and take all.

I am your worst enemy.

I am the King of Evil and Deceit.

I am alcohol and drugs...

PEOPLE LOVE

The fact that I didn't know you, Did not mean much to me
And here is how I'll tell you, In my own philosophy,
About our newfound friendship, And what you mean to me.
We cmae here on this weekend, To find our inner minds,
and each of us are different, In what that person finds.
We came here for a purpose, And some may reach their goals,
We talk and laugh and try to reach, each others inner souls.
The things we say may make us cry, and wish we had not come
Or make us think of sad events, And what we should have done.
Of what effect our bygone years, Have had on each our lives,
And how the present circumstance, Has come before our eyes.
Of what the future holds for us, unique a million fold,
Unique in personality, Unique in ways untold.
We know our vast diverities, For God has planned it so,
But yet there is a unity, Which someday we will know.
The key to live a happy life, is love for everyone.
The key to find the perfect love, I Jesus Christ the Son.
Have I really found this love, Is something I can't say,
I only know NA has helped me know the way.
I hope these words will show I care, For you and everyone,
I pray our lives will all be changed. Now and years to come!

We come to this room with one purpose in mind.
To gossip or socialize won't help us unwind.
To sympathize with others is not our philisophy.
It won't help us to cope, or understand this society.
We gain experience from each others stories,
So that one day we camy bask in the glory.
At the thought that sobriety might live in our house:
Whether our loved one is our child, or even our spouse.
Our tradition, "Put principles before personalities",
is a must. It will vary in time for each of us to adjust.
We're not here to take what we hear form this room:
To break confidence or anonymity will only bring doom.
We try not to criticize, condemn, or react,
We want people to come here, but also, come back.
Please, be considerate and try to make a phone call,
If you;ll be late for the meeting, or not coming at all.
Individually, we can grow, and our groups can expand,
If each of us would lend a helping hand.
We are full of people who have run the gamut,
Of Drs., psychologists, hospitals; we've had it.
There's so little offered to aid the families,
To understand the abusers multitude of maladies.
Our common bond is to learn how to live:
Never to forgety, but many times to forgive.
In order to keep our groups in tact,
PLEASE, learn what it takes in order to attract.

Family Anon. member

Subscription

Name _____
Address _____
City _____
State _____ Zip _____
Phone (____) _____

Send \$5.00 to "Cleansheet"
3438 Decatur St.
Phila. Pa. 19136

Make checks payable to

Get the "Cleansheet"
delivered to your home
for the rest of '83!
Only \$5.00
"Clean reading
for a year!

"Seek-n-Find"

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

Reality	Oxford Circle	Buxmont Step
Lifewish	Ellisburg	Serenity
Talking Heads	K.I.S.S.	Phila.
Vineland	Center City	Delaware
Bryn MAwr	Ocean City	New Jersey
Media	Trenton	Bucks
Lansdale	Pebble Hill	

← Announcements →

The Clubhouse at
Harbison & Blvd
is CLOSED. The
meetings there
have not been
re-established.

Area Service is now
in the Dental School
next to the Clubhouse

"2nd Sunday of the month"

New Meeting ...

Thursday Nights -
PATH on Castor Ave.

7:30-9:00 - Needs Support

St. Mary's - Thurs. 8:00

Frankford & Palmer

Freedom Group. SAT. 1:00
at Bridge St. Rehab.

Anniversaries

Congratulations!!

Gloria P.	1 yr.	Mar. 3
Eddie H.	2 yr.	Mar. 4
Billy W.	1 yr.	Mar. 5
Barry S.	2 yr.	Mar. 6
Rob	1 yr.	Mar. 11
Joe F.	3 yr.	Mar. 12
Dee R.	1 yr.	Mar. 17
Marnie	1 yr.	Mar. 28
Joe D.	1 yr.	Mar. 28
John F.	8 yrs.	

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