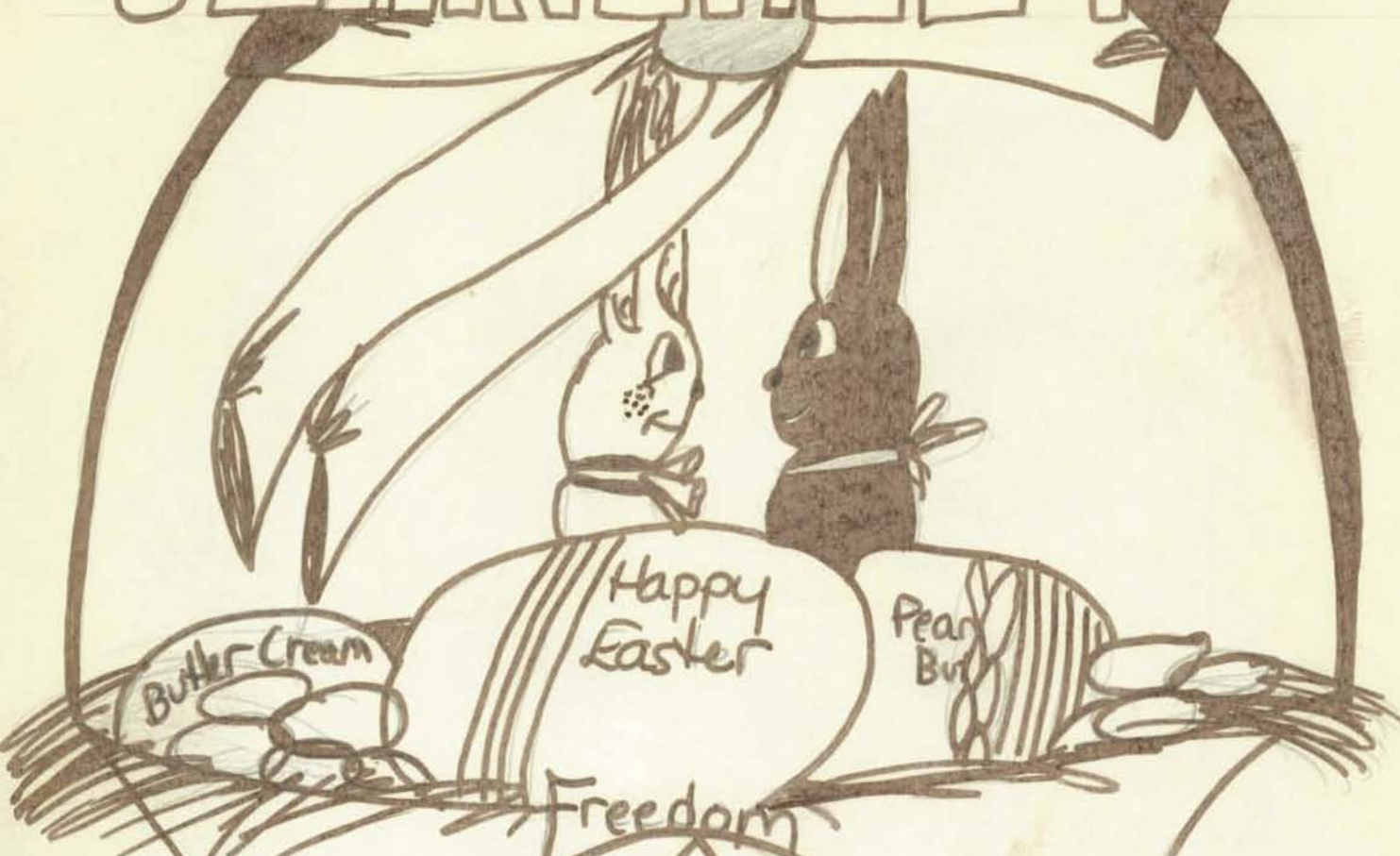


CLEANSHEETS



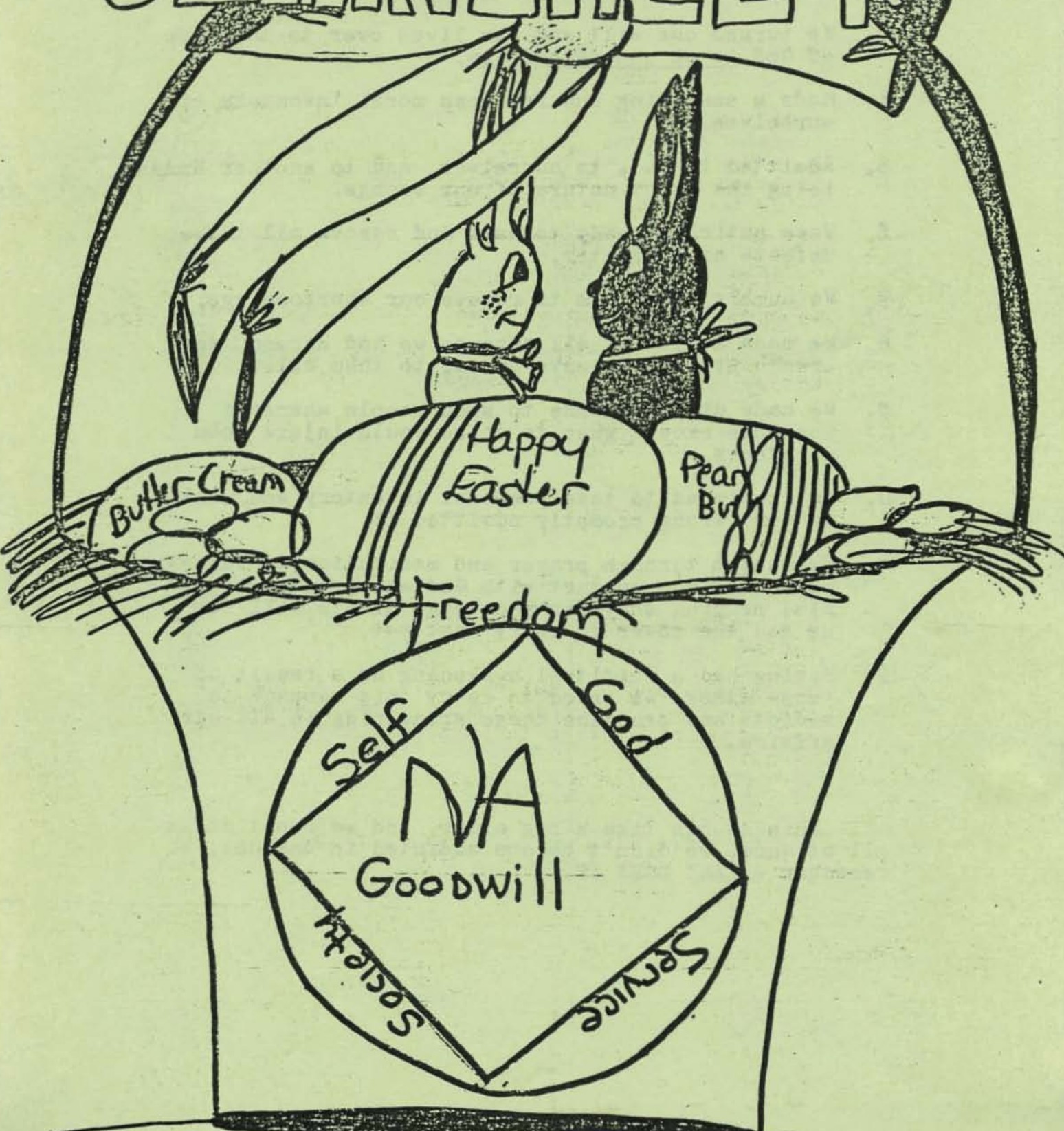
Universal Program

April 83

Greater Philadelphia

Issue 4

CLEANSHEETS



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; If, might be the drugs!



276-2703

← 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


THE SELF-WILL CATASTROPHE

How come my life is still unmanageable? After all, I quit all mood-altering substances, and I believe in some type of higher power. Why am I still neurotic and depressed? This sounds like a classic case of self-pity. Oh yes, the "Why me" syndrome.

The only way to solve a problem is to take positive action. Problems are opportunities in disguise. Clearly, it is time to advance to the third step. Since almost everyone in N.A. has been making all the decisions in their life, it is conceivable that they would have difficulty believing in someone whom you can't even see, hear, or touch. After making numerous mistakes and realizing that if my way was so good, what am I doing in N.A., I began to accept God as I understand Him. He can run my life much better than I ever could. My self-will was leading me towards that first drink or drug.

God's will for me, is to stay clean a day at a time, and to help other suffering addicts and alcoholics. Today I find life enjoyable for the most part. God's will is usually evident in my life during most situations I encounter. The burden is now on God's broad shoulders, so I can seek the real meaning of life, The Joy Of Living.

Scott D. (Bucks County Area)



WISDOM

The peace or eternity,
Is the peace in thy heart.
The love of God, Is love
pure art.

By being thyself
Free from unnecessary strife
Striving for a way
To better thy life.


A painting thou saw,
Of trees, wind and snow
If watered thou shall be
A seed, a seed to grow.

Michael S.


AWAKENING PRAYER

Loving God, My lasting hope
I will open my heart
I will let you in.
My faith is dark, my courage
bare, But with your love
My faith shall shine.

My courage be stronger
And with your wisdom
Also your guidance
I can be sober today.



DESPERATELY NEED SUPPORT



I am a recovering addict from Wilmington Delaware. The reason I'm writing is our N.A. groups in Wilm. are falling apart, because very few addicts are coming to meetings. If that keeps happening alot of addicts are going to die and that's not the purpose of the program. The purpose is all of us dope fiends that want to recover and stay clean, have to help each other so we can live!

WHY COME TO MEETINGS NOW THAT I AM SOBER/CLEAN MORE THAN A YEAR?

I have been clean in the program for almost 8 years now, and often ask myself is it worth coming to meetings?

The answer to this question is absolutely YES.

In my years of staying clean I have seen many many people, friends and non friends come into the rooms of this program and get clean for maybe a little over 90 days up to a year and then leave.

Leave where? I am not sure all of the places these people go; but am sure that not all have continued to stay clean.

While coming to meetings I become more and more aware that I am sick not only when I came in but not that I still am in the program and getting better but not getting above other people in this program.

What do I mean by that? I mean that stopping the physical part of the disease is stopped once I put the drugs down. This however does not mean that the spiritual nor mental part of this disease is stopped. Not by a long shot. I am better than so in so because I didn't do that drug. I never drank much so I am not an alcoholic. These ideas could lead to the idea that I am better than others in this program. Mental? Doesn't apply to me. As you see the drugs made us get off into our sick thinking. Has this stopped entirely since I stopped using drugs?

The literature points out that if we think this way we are walk down a narrow road to recovery.

Still weather or not we go to a house of worship we have all lost touch with the Higher Power. --Drugs was the Higher Power. To think that after 6 to 15 years of using drugs daily or weekly we can now get in touch with Higher Power now that we have stopped using for a year. Well maybe its possible, but my personal experience shows

me differently. H.P. shows me new things and new ideas, new people in the program and outside the program as well. My contact with the H.P. is a whole lot different than now. As the program starts to change me my relationship will have to change to a Higher Power.

Could this whole thing mean that I am still sick, and NEED MORE MEETINGS EVEN WHEN I CLEAN FOR MORE THAN A YEAR?????

The answer is yours to make for me I still prefer to get off my ass and go to the meetings.

-Hoboken Joe

WHATEVER IT TAKES

The feeling I was feeling then were true and real though only ten...

So young and learning how to hide, I chose my place way deep inside...

I become an image, at this age so picturesque yet full of rage...

Through people close, yet so afar, I learned to survive It left its scar...

As things progressed on nature's course, I tried all roads Used every source...

Through ups and downs and all arounds, I saw the sights And heard the sounds...

Not heeding anyones advice so full of pride, I rolled the dice! A gambler for years on end, through fate itself, I found a friend.

With sharing all I could inside, I found the places I used to hide. Once on the go, there was no stop. From my bottom straight toward the top.

My goal that I now did attain staying clean and sober No pain, No gain. Now here where I could never reach I now was graced With the gift to teach.

Being careful not to slip and fall, I lifted my head stood straight and tall, my life today-good sense it makes With paying the price, I do whatever it takes!!!

THE GAME

You've looked at the world through a stoned pair of eyes,
You've lead a hard life of confusion and lies,
And when you start thinking you're going insane,
it's time to stop playing this mind-blowing game.

A game of hard drugs, that burns out your heart,
that mankes you belligerent right from the start.
They make you start thinking that nobody knows...
Knows the way that you feel, the real reason why

Why you just want to give up, lay down and die,
Die quiet and peacefully the way it should be,
because nobody knows what your eyes really see,
So it's time to slow down, and look around at what's true
Before this powerful game puts a swift end to you.

---Phyllis

First things first, although people have a common
destiny, each individual also has to sort out his own
personal salvations for themselves in fear and in terror.
We must overcome our weaknesses. We can help one
another to find the true meaning of life; no doubt.
We need each other's love and understanding, which
enables us to stand on our own two feet. But in the
last analysis the individual person is responsible for
living his own life and for finding himself. If he
persists in shifting, the responsibility to someone else
he fails to find the meaning of his own existence. You
are not in a position to tell me who I am and I cannot
tell you who you are. If you do not know your own
identity, who is going to identify you?

Lots of Love and Luck,
--Dawn

THE BLACK SHEEP

In my addiction I spent all my free time alone
thinking how my life could be better than it was. I
did not like my family or things that went on around
me. I didn't have many friends except one or two "so-
called" good ones. I would spend my time with friends
or alone. My family was the way I would have liked to
have been. I always wanted a family that did things
together. I started looking for attention by doing
drugs and found it ; as well as acceptance. I was
known in my family as the black sheep.

Now that I know who I am , what I want in life
and where I am going--that feels great to me.

Jack S.-----

TAKE ME IN YOUR ARMS
Miss Heroin

So now little man you've grown tired of grass,
L.S.D., acid, cocaine, and hash.
And someone pretending to be a true friend,
Said, "I'll introduce you to Miss Heroin."

Well Honey, before you start fooling with me,
Just let me inform you of how it will be.
For I will seduce YOU AND MAKE YOU MY slave.
I've sent men much stronger than you to their graves.

You think you could never become a disgrace,
And end up addicted to poppy seed waste.
So you'll start inhaling me one afternoon;
You'll take me into your arms very soon.

And once I have entered deep down in your veins,
The craving will nearly drive you insane.
You'll need lots of money (as you have been told)
For darling, I'm much more expensive than gold.

You'll swindle your mother and just for a buck,
You'll turn into somethin vile and corrupt.
You'll mug and you'll steal for my narcotic charm,
And feel contentment when I'm in your arm.

The day when you realize the monster you've grown,
You'll solemnly promise to leave me alone.
If you think that you've got the mystical knack,
Then, sweetie, just try to get me off of your back.

The vomit, the cramps, your gut tied in a knot,
The jangling nerves screaming for just one more shot.
The hot chills, the cold sweat, the withdrawal pains
Can only be saved by my little white grains.

There's no other way, and there's no need to look;
For deep down inside, you will know you are hooked.
You'll desperately run to the pusher and then,
You'll welcome me back to your arms once again.

And when you return (just as I foretold)
I know that you'll give me your body and soul.
You'll give up your morals, your conscience, your heart,
And you will be MINE until DEATH DO US PART.

An anonymous addict

CHIT CHAT- I drink, I drank, The drunk
and now the sod. A hand
reached out for me-I know it's
God. It takes one thought to live
One drink to die. Twelve steps
my staff, my rod, Let go, Let God!

1st Philadelphia Regional Conference

April 16, 12:00 PM - 1:00 AM

Holiday Inn, 4th & Arch.

For more info call Bobby B. 525-5136

Mid-America Regional

April 1, 2, 3 Lake Ozark, MI

For more info - call Blaeckie (417) 623-6883

Ohio's 1st Regional

May 27, 28, 29

For more info - call Phil P. (513) 399-2231

4th East Coast Convention

Bethlehem PA - Lehigh University, June 83

For more info - call Bill 776-1548

2nd Florida Regional

July 1-4, Fort Lauderdale, Fla.

For more info - FRSCNA PO Box 2016 - St. Petersburg

Retreat

Phila. Pa - "Spiritual" Aug. 5, 6, 7

For more info - call John S. 425-3958

** WORLD CONVENTION - THE IMPOSSIBLE DREAM
Sept. 1-4, 1983, New York City, World Trade Center

EVENTS

ANNOUNCEMENTS

MEETINGS that
NEED SUPPORT →

"LIFEWISH" - St. Joachim's church
SUNDAY NITE 8:00 - 9:30

"St. MARY'S" - FRANKFORD
& PALMER - THURS. 8:00 - 9:30

"KISS" - 1502 FRANKFORD AVE.
TUESDAY NITE 7:30 - 9:00

"Holy Ghost Prep School
Rt. 13 & SCHOOL LANE

"NEW HORIZON II" - NEW MEETING
8220 CASTOR AVE.
THURSDAY NITE - 7:30 - 9:00

FRIDAY NITE - 8:30 - 10:00

"FREEDOM GROUP" - 2205
BRIDGE St. SAT. 1:00 P.M.

"St. FRANCIS INN" - NEW MEETING
KENSINGTON & HAQERT 8:00 - 9:30
WEDNESDAY NITES.

"PRIMARY PURPOSE" - 9220
Old BUSTLETON AVE.
SAT. NITE - 7:00 - 8:30

REGIONAL SERVICE CONFERENCE

SATURDAY, - APRIL 16, 4th & ARCH

HOLIDAY INN \$18.00 PER PERSON

11:00 A.M to 1:00 A.M - 14 HOURS!!

WORKSHOPS, MEETINGS, BANQUET, DANCE - FOR TICKETS:

BOBBY B. (215) 525-5136

BRUCE C. (302) 655-6429

JOHN S. (215) 425-3958

JANE G. (215) 949-3980

AL P. (609) 963-5388

CHERYL H. (609) 398-6288

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