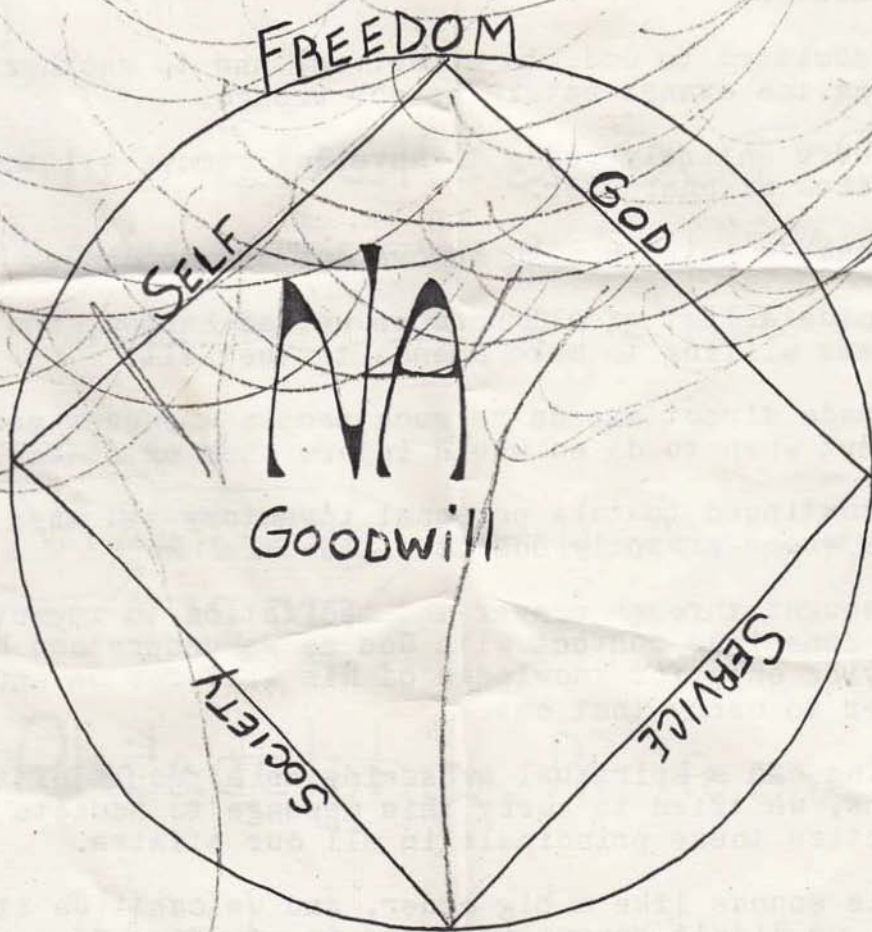


Greater Philadelphia

CLEANSHEET

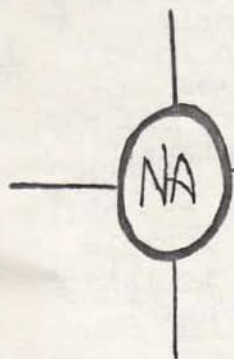


Universal Program

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. We made a searching and fearless moral inventory of ourselves.
5. We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. We 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 these steps, we tried to carry this message to addicts and practice these principals 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.

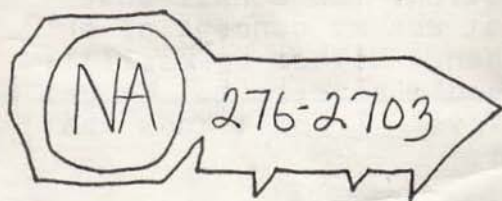


Narcotics

Anonymous

FEELING LOCKED OUT?

IF THINGS DON'T SEEM TO BE GETTING ANY
BETTER, IT COULD BE THE DRUGS...



← Here's the Key.

Philadelphia, PA Po Box 11526

24-HOUR HOTLINE

A SPIRITUAL PROGRAM???

When coming into the program of Narcotics Anonymous, I, along with many other people questioned this simply statement, "A SPIRITUAL PROGRAM". Having had a run in or two at synagogue but not with the Higher Power, I was to say the least a little turned off. The second, turn off was that most of the people in the program were christians. This was more than a little turn off.

However, I decided to give it a shot "just for the hell of it". I really thought that if it all fucked up I could say, "Well, it was your spiritual bullshit that got me into this, so Fuck You"- a real sweetheart if you know what I mean.

Well, one of the first things that I did was learn how to pray to the Higher Power and not ask for favors or question about why this, why that, why not? Learning how to talk to GOD was a big problem. Not that I did not have a formal religious education but because I had a formal religious education.

So my sponsor who I couldn't stand, said why not talk to GOD just like you talk to me. What the fuck are you talking about, I asked? Me talk to GOD like I talk to you? Are You Crazy?? GOD would strike me dead if I talked to Him like I talk to y. Don't you know that GOD will beat you up if you don;t follow direction? He's half-assed response to that was that if that was my concept of a Loving Higher Power, I better change Higher Powers!!!! Well, hell just froze over. I could have shit. Me get a Higher Power I could love? Oi Vey!! I don't know that I can deal with this shit. WOW!!!

Well, that sponser threw a monkey wrench into my spirituality-didn't he? Spirituality if you call it that He said it was assolism.

He told me that if I was to get or start to get better in this program that I would have to change everything that I had learned before including eating and shitting. Now first was the spirituality shit. GOD was and is a loving thing. Which if I allow myself to be touched by Him I will get better.

Second that in order to learn to communicate with God, I better learn how to talk to Him. And this by the way was not what I had learned in religious school, but talking like I am tlaking to you now. God has seen all and will

see more to come, and he understands me just the way I am. He also understands when I talk no matter what the words are and no matter in what language I speak in. None of these things matter to Him.

Seeing the sun come up is one of the ways God starts to talk to me. Going to meetings and sharing with the people there about the good and not so good things that have happened in my day is one of the ways God and the spirit start to communicate.

For those of us that our blind (physically or mentally) helping people (children, adults, animals) is the start of a spiritual growth process in itself. I cannot say what the spiritual stuff is, but it's there. Why? I have no idea why, but I do know that the Higher Power I know, communicates to me. How do I know? Because I can do things today that I never did before. Talking to children was less than a big deal to me when I was getting high, talking with older people was also for those jerks who could see reality when I was getting off. Today I am one of those jerks and very happy about it. Learning to communicate with nature, sitting on the grass (the green kind) looking at a tree. Sitting by a river, brook or stream. Listening to the wind blow and seeing and feeling the earth move is communication with the spirit. All of these things I can understand are less than perfect ways to communicate with a Higher Power but it's worked for me.

GREATER PHILADELPHIA CLEANSHEET

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One night I had a dream.

I dreamed that I was walking along the beach with the Lord
Across the sky flashed scenes from my life.

For each scene I notices two sets of footprints in the sand,
One belonged to me, the other to tne Lord.

When the last scene of my life flashed before us,
I looked back at the footprints in the sand.

I noticed that many times along the path of my life, there
was only one set of footprints. I also noticed that it
happened at the very lowest and saddest times in my life.

This really bothered me and I questioned the Lord about it.

"Lord, you said that once I decided to follow you, you would
walk with me all the way, but I have noticed that during the
most troublesome times in my life there is only one set of
footprints. I don't understand why in times when I needed
you most, you would leave me."

The Lord replied, "My precious child, I love you and I
would never leave you during your times of trial and suffering.
When you see only one set of footprints, it was then that
I carried you."

Dear Readers,

I would like to thank everyone who has contributed
to the Cleansheet in the past few months. We are off
to a booming start, and are learning more and more to
be of interest to you. We would like to continue in
book form, as it is neater, and easier to read and are
hoping that you will continue to support us. But, it
seems like our input is dwindling. We still need the
support we got in the beginning in order for us to stay
alive and to continue to grow. Please send articles,
and anything please you would like to get published to
3438 Decatur St., Phila, PA 19136. Thanks again.

Cleansheet Staff

At first I thought I was on top of the world until I felt myself coming down, and all the other people were looking down on me. It hit me pretty hard but I still managed to keep my head up high. I knew how I felt and I could feel how other people felt about me. It didn't feel too good but then I really wanted to change, but somehow I couldn't. Certain substances took my whole mind away and it kept dragging me down. I felt real below the bottom until I really hit bottom. It took until then to really start working and it took me a long while. But now I've managed to get on top of the world again. But in reality this time. Yea, I still have my bad days and don't feel good about myself, but I know how to take care of myself naturally and I've learned that by being and staying sober.

See Ya, Dori

FOR TODAY

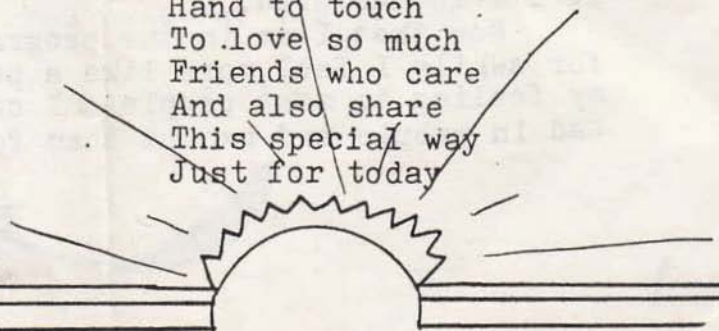
I pray in morn,
I pray at night,
Today I'm reborn
No longer to fight.

I heed when spoken to
I stop to think
By helping the new
The ship won't sink.

By being concerned
Showing the way
I have learned to live
Just For Today

BED-TIME PRAYER

Thank you God,
For teaching me to walk
A tongue to talk
A heart to feel
Knees to kneel
Eyes to see
Setting me free
Hand to touch
To love so much
Friends who care
And also share
This special way
Just for today



CHRIS' PRAYER

Dear Father,

Here I stand, alone and scared
Afraid to love, afraid to share
Afraid they won't like what they see
When I unlock the door to me.

Sometimes, I think it's more than I can stand
And then you show me its alright to be human
Give me the strength that I will need
To unlock the door to the deepest me.

I need your strength, your love, your caring
So that I can someday be honest, loving and
sharing. But most of all, Dear Father of mine
Please be there today, and all the time!

Before I discovered sobriety I would run
from everything and everyone. I wanted to open up
but I felt like people thought I was crazy and didn't
make any sense. The truth was, I was fine, I had
feelings and I wasn't wrong for the way I felt.
People never understood me when I did the things
I did. They would look at me funny and make me
feel 2 inches high.

Now that I am in the program and hve been sober
for awhile I feel more like a person and can express
my feeling to most people. I can see the good and
bad in people and except them for it.


Jamie



HELP

It all began when you were small, unable to deal
with anything at all. You were growing so fast,
Taking things in, but failing to grasp,
As life rolls, it just ain't that tough,
Until one day when your down on your luck-
It all builds up and a problem begins
And all you are used to is stuffing it in.
Just hanging around with nothing to do,
When a friend walks up with something new.
The way things are going you just might think twice,
But willing to try it to get out of this vice.
Little did you know that when you did that,
For years to come you were caught in a trap.
Suddenly you become a person you are not,
With the drugs in your system its so hard to stop.
Hitting bottom and all has been tryed,
Nothing is left but death by your side.
Then there is someone who's there all along,
God picks you up and he makes you strong.
All of a dudden your life starts anew,
From there on in you know what to do,
You go to a program to work it all out-
In there you find out what life is all about.
There are people in there who have been through it all
They help you out from behind that wall,
Living life straight is a natural high,
Working out problems you let pass on by,
There comes a time and use for it all,
But the second time down is the hardest of all.
So remember take heed for what you do learn,
'Cause if you don't, the tables will turn.
There's only a few who will make it and stay
So many will die or just rot away
Take it slow and a Day at a Time
And don't you forget, You paid for your crime.

--Chuck



Announcements

Anniversaries

Gene - April 2 1 yr.

Kurt E. - April 26 - 6 yrs.

* Sorry 'bout that Kurt *

Hoboken Jr. - April 15
8 yrs.

Phyllis A. April 24 1 yr.

Slim - May 17 3 yr.

Upcoming Events

① NA UNITY DAY: April 30

12:00 NOON TO 12:00 MIDNIGHT

Pilgrim Youth Center,
Phillipsburg, **NT.**

② OHIO'S 1st Regional

MAY 27-29. For more

INFO CALL Phil P.

(513) 399-2231

③ 4th EAST COAST
CONVENTION

Bethlehem, PA - Lehigh U.

JUNE 24-26

④ 2nd FLORIDA REGIONAL

July 1-4, FORT LAUDERDALE

FRSCNA

For INFO - PO BOX 2016

ST. PETERSBURG, FLA.

Retreat "Spiritual"

Aug. 5, 6, 7. Phila., PA.

For more INFO - John S. 425-3958

World Convexion

* * *

* THE IMPOSSIBLE DREAM *

* SEPT. 1-4, 1983 - NYC * *

* World Trade Center *

* * * * * * * * *

12 TRADITIONS OF NA

1. Our common welfare should come first; personal recovery depends on 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 membership is the honest 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 the 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 relation 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 tradition, ever reminding us to place principals before personalities.

MY HELL IS OVER



BY ME STAYING SOBER