

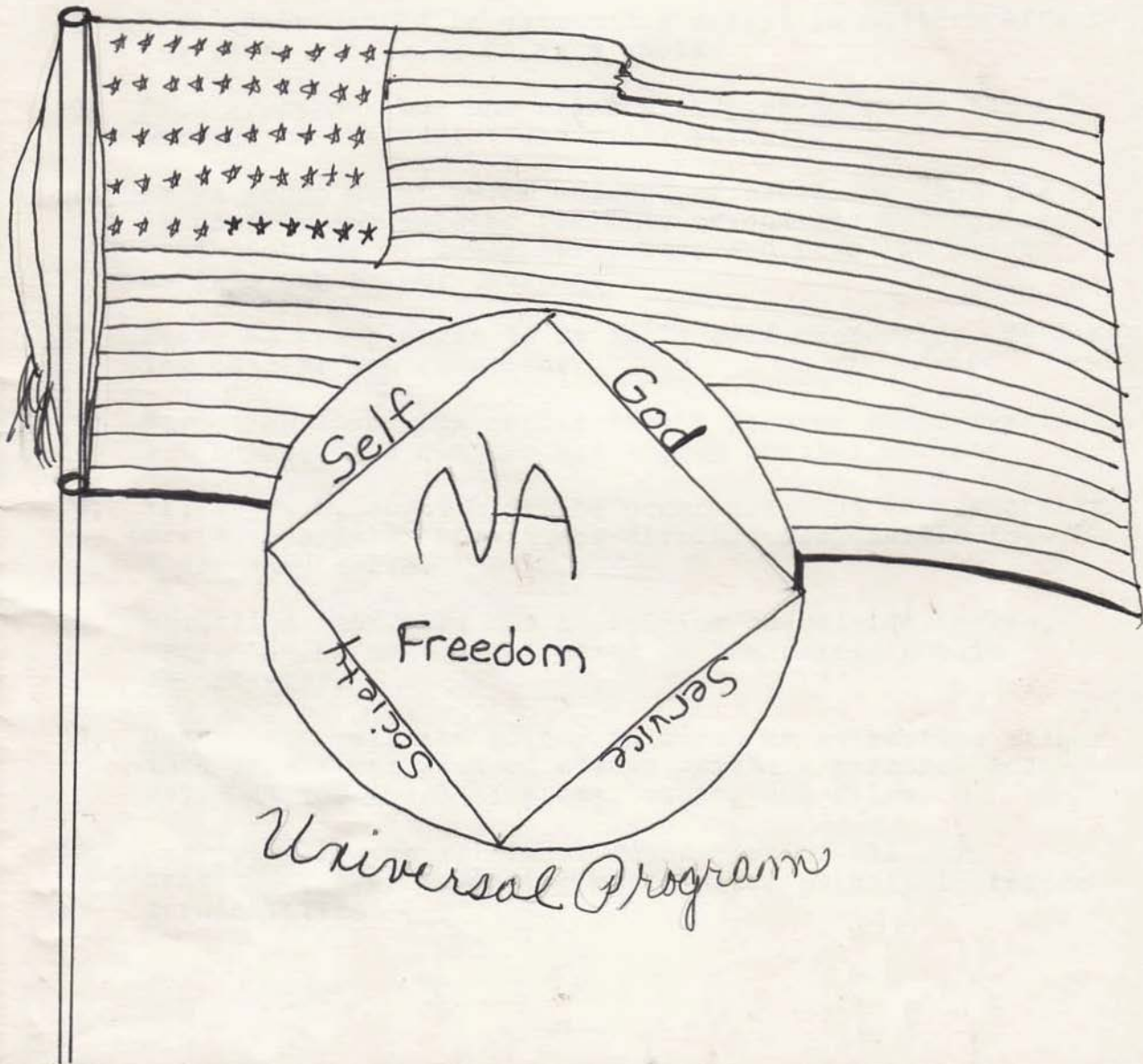
Issue 7

Greater

July 83

Philadelphia

CLEANSHEET



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.

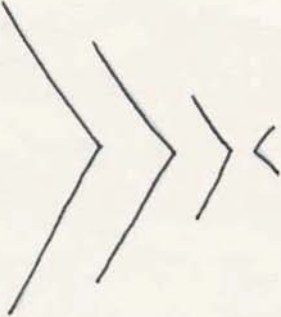
have been outcasts of the world, and your long experience as an addict has made, or should make you, humbly alert to the cries of distress that come from the lonely hearts of addicts, everywhere. Keep in mind the admission that you made on the day of your profession to NA...Namely that you are powerless, and that it was only with your willingness to turn your life and will into my keeping, that relief came to you.

Think not, that because you have been dry for a year or more that it is the result of your unaided efforts. The help which has kept you normal will keep you so just as long as you live this program which I have mapped out for you. Beware of the pride that comes from growth, the power of numbers and insidious comparisons between yourselves, or of your organizations whose success depends upon number power, money and position. These material things are no part of your creed. The success of material organizations is based upon the humble admissions of weakness: The motto of successful commercial enterprise is: "He profits most who serves best: Your. He serves best when he seeks no profit. The wealth of material organizations, when they take their inventory, is measured by what they have left: Yours, when you take your moral inventory, by what you have given."



HELP HELPED ME!!

Having faith gave me the strength
Emptiness soon became fulfillment
Love is now in my heart
Prayers were answered



Poems... and

Poems... and

DON'T BE FOOLED BY ME

Don't be fooled by me.
Don't be fooled by the face that I wear.
For I wear a mask, I wear a thousand masks.
Masks that I'm afraid to take off-
And none of them are me.

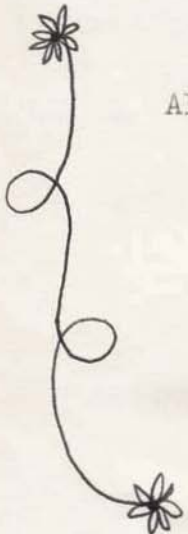
Pretending is a game that comes natural to me.
But don't be fooled, please don't be fooled!
I give you the impression that I'm secure,
that all is sunny with me, within as well as without!
That confidence is my name and coolness is my game,
that the water's calm and I'm in command,
And that I need no one;
But please don't believe me.

My surface seems so smooth, but my surface is a mask;
My ever-varying and ever-conceling mask.
Beneath lies no comfort or compassion,
Beneath dwells the real me; in confusion, fear, loneliness!
But that is always hidden.

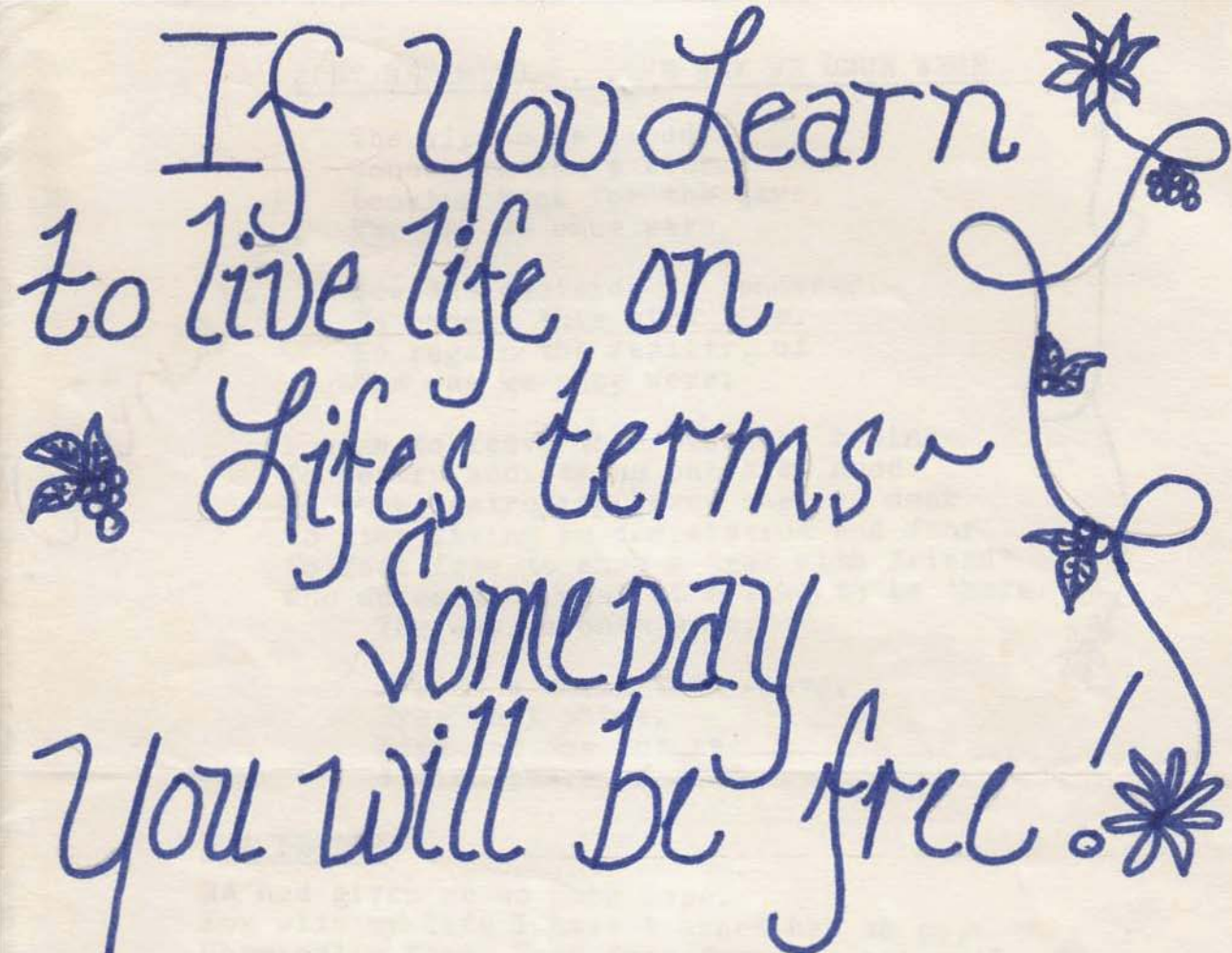
I shudder at the thought of my weakness and fear
being exposed.
That is why I wear these never-ending masks.

ABOUT CONVENTIONS:

We are all united in a very special way
We are all member of the fellowship N.A.
We come from all walks of life,
many places too, And we have all come
together to help each other through.
It doesn't matter where we've been
Or how much bad we've done-
Because of this loving fellowship
Our new lives have begun!!



If You Learn
to live life on
Lifes terms ~
Someday
You will be free!



Subscription

\$5.00 for 1 yr of Clean Reading

Name _____

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City _____ State _____ Zip _____

Send to "Cleansheet" 2133 E. Huntingdon St.
Phila Pa 19125

Poems... and Poems... and

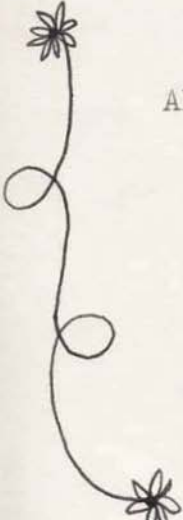
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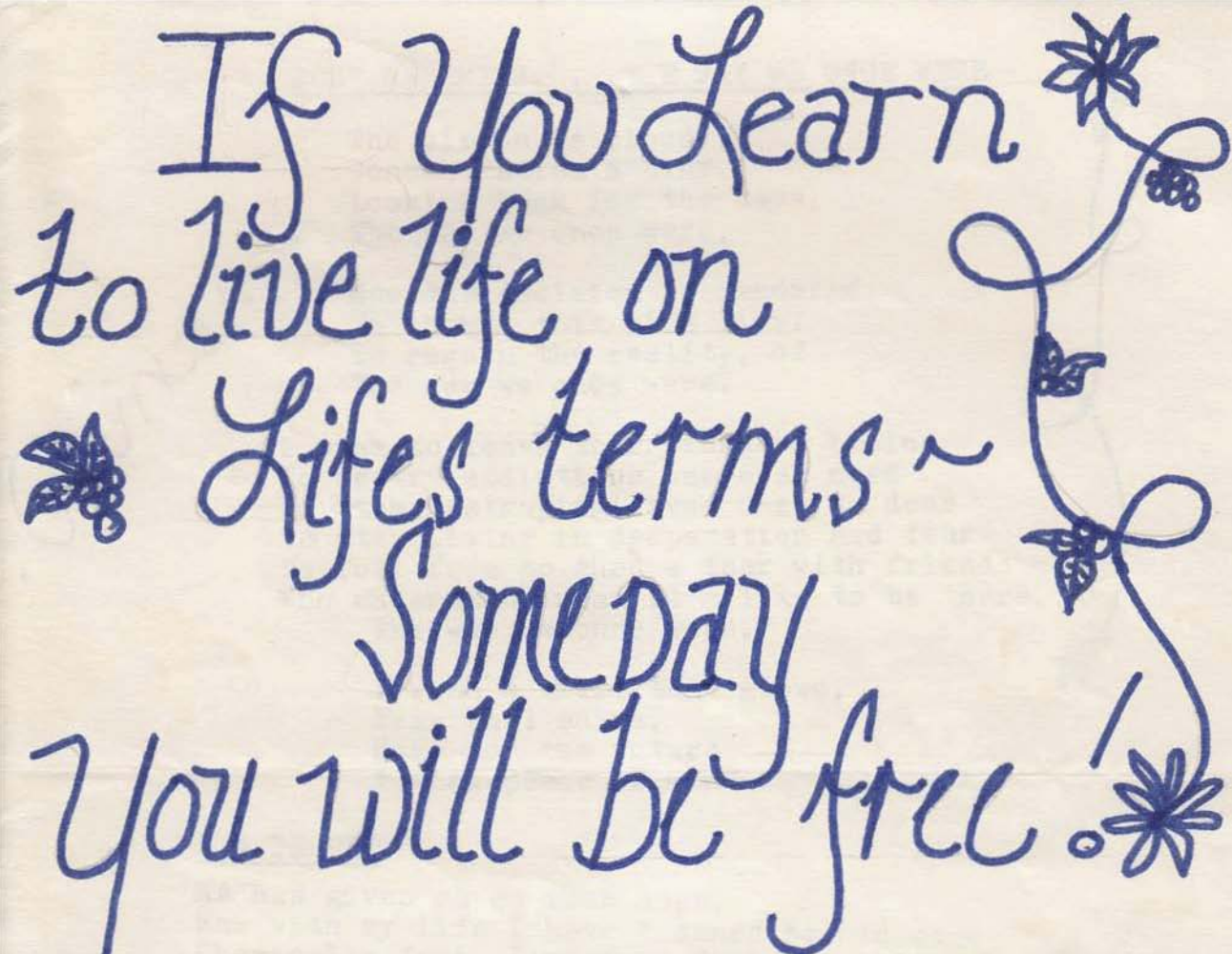
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JUST REMEMBER. . . THE WAY WE ONCE WERE

The vision is cloudy,
Concentration a blur.
Looking back for the days,
The way we once were.

Now the decision is rendered,
To change this sick life.
To regain the reality, of
The way we once were.

I wish to leave this sickness behind
To destroy addictions one-eyed need
To stop destroying loved ones so dear
To stop living in desperation and fear
To feel free to shed a tear with friends
Who understand what it's like to be there.
The way we once were.

I wish a smile that glows,
Eyes that shine,
Hope for the future
I wish peace of mind.

N.A. PEOPLE

NA has given me so much hope.
Now with my life I have learned how to cope
Chemically free, I am free from the prison I
was locked in, not by key.
The pain made me feel almost insane and now I
have a new life with plenty to gain.
My purpose in life is so meaningful now,
I can love, I can live, and feel content.

HOW??

Through a program to help me along, and each day
to pray and become strong.

- I never knew it possible to feel like I do, and it's
all because of people in N.A. like you.



THERE, BUT FOR THE GRACE OF GOD, AM I

Have you ever stopped to think about how many times in our active addiction we could have been arrested for some crime relating to drugs? I have examined my past pretty thoroughly in the 4th step and have realized more and more that, but for the Grace of God, I could be spending this day in an institution. It doesn't matter what for, we all have our own experiences and stories.

I have learned and have been blessed with the opportunity to carry the message to a place where there was very little hope. In a State Prison, where the inmates relate to each other mostly by negative, and criminal behavior. Some of my fellow addicts and I have witnessed a new miracle.

We have seen our brothers and sisters, these imprisoned addicts, turn to NA for help and watched them change before our very eyes. This change reflects a change in myself as I see them look at us at first with suspicion, then with bewilderment, and finally with love and respect. Here is my Higher Power at work.

Can you imagine the feeling or seeing 55 people at their first meeting, all asking, "How do you not use?" I have been overcome many times with the feelings of love and compassion for men who, like myself have had nothing but drugs and crime for years.

My hope is that enough recovering addicts will see the need in institutions near where they live and, walking with God, talk with the warden or supervisor, explaining your own past, identifying yourself and telling him how NA works for you. I feel that this kind of service is an opportunity and an joyous one rather than something to be looked at as 12 step work. What little work there is involved has been more or less just part of the fun with me. This is why I see the need for others to know about institutional service.

The need is great, right now there are probably not enough NA members to go around to every jail or prison, but if there is one near you and you think you would be interested in sponsoring a group, at least talk with someone about it.

You may think prisons and institution service is for these "hard core" junkies who have already done 5 or 10 years for burglary or robbery. This is untrue! I have never been in prison, but I have also never received a greater, more intense feeling of gratitude than my weekly meeting at the prison.

Barry L.



Narcotics

Anonymous

FEELING LOCKED OUT?

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



276-2703

← Here's the key

PHILADELPHIA, PA PO BOX 11526

24-HOUR HOTLINE

IF GOD SPOKE TO NA...

"Into your weak and feeble hands, I have entrusted a power beyond estimate. To you, has been given that, which has been denied the most learned of your fellows. Not to scientists, or statesmen, not to wives or mothers, not even to my priests and ministers have I given this gift of healing other addicts, which I entrust to you. It must be used unselfishly. It carries with it, grave responsibility. No day can be too long, no demand upon your time can be too urgent, no case too pitiable, no task too hard, no effort too great. It must be used with tolerance for I have restricted its application to no race, creed and no denomination, personal criticism you must expect, lack of appreciation will be common, ridicule will be your lot, your motives will be misjudged, success shall not always attend your efforts in your work with other addicts. You must be prepared for adversity, for what men call adversity, is the ladder you must use to ascend the rungs toward spiritual perfection: I shall not exact you beyond your capabilities.

You are not selected, because of exceptional talents: and be careful always. If success attends your efforts, not to ascribe to personal superiority, that to which you can lay claim only be virtue of my gift. If I had wanted learned men to accomplish this mission, the power would have been entrusted to the physician and scientist. If I had wanted eloquent men there would have been many anxious for the assignment, for talk is the easiest used of all the talents with which I have endowed mankind. If I had wanted scholarly men, the world is filled with better qualified than you would have been available. You

RIOT FOR Recovery

1st Addition - Ascension

Episcopal Church. South St. and
New York Ave. Jersey City

July 22-23. 8:00 to 8:00 \$5.00 Donation

"Spiritual Retreat"

Dedicated to Roger G.

August 5, 6, 7

Elkins Park, PA.

call - John S. 425-3958

1st Annual Volunteer Region
Convention. Nov. 24-27

Hyatt Regency - Nashville

623 Union St. : Hotel \$35.00

call Hollie - (615) 883-0285

* * *
* The Impossible Dream *
* "World Convention" *
* * * * *

Sept. 1-4. World Trade Center *
* NYC *
* * *

NYC *
* * *

FREEDOM'S LADDER

Admitting addiction has control of our lives
and our everyday actions are on the wrong track
Is the first step to freedom, we can hardly deny,
and our only chance to get our sanity back.

Believing in a power far greater than us
placing our will and our lives in His care
Isn't all that difficult, if only we'll trust
in his capacity to be with us everywhere.

Without fear, we must search our souls,
taking stock in our defects and all our bad deeds
Than admitt to ourselves and another of our roles
but especially to God, totally ready to be freed.

If we humbly ask Him to remove our sins,
and we list all those we have harmed and deceived
We may find our character and the failings therein
on the road to repair, ourselves more readily received

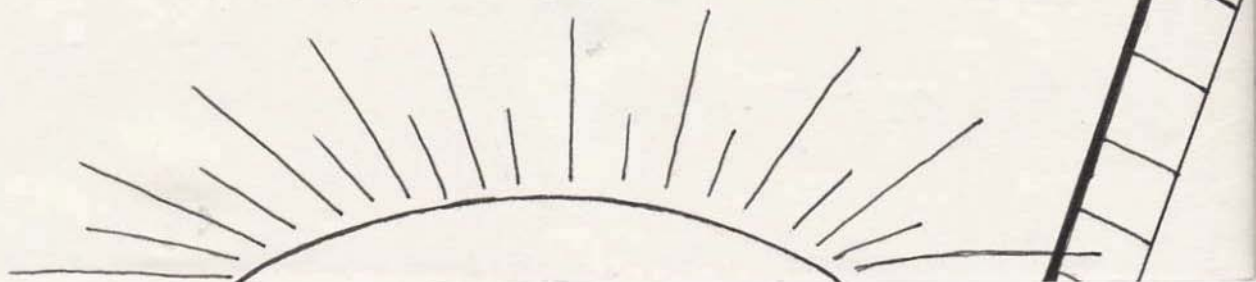
If we're willing to make amends to all we've abused
and no further pain is caused by our actions,
Then we're well on our way to being renewed
and living our lives to His satisfaction.

Continuing to pray, meditate, and then thinking
before we step forward, we'll safely trod
On the path He has chosen, ever linking
our thoughts with the knowledge of God.

When our spiritual knowledge has come to be
we reach out for addicts who suffer like us
Taking this message so that they, too, can see
their way to freedom through Narcotics Anonymous.

Robert T.

--instilled by the 12 steps of Narcotics Anonymous



WORD FINDER

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

Try
your
Luck!

Words

admitted

addicts

August

amends

September

world

principals

time

defect

dreams

inventory

love

prayer

sanity

recovery

HALT

June

July

meditation

shortcomings

spiritual

summer

The July issue of
"The Chanselet" is dedicated
to Roger H. in his loving
memory and his service
to Narcotics Anonymous.

AREA SERVICE NOTES FROM JUNE:

Group Reports

Freedom Group-Needs support

Gloria Dei-O.K.

St. Mary's-Business Meeting needs support.

South Phila.-FANTASTIC!!

Fairmont Inst.-Friday at 8:00; new meeting needs support

Reality-Business meetings need support.

W.A.I.T.-Needs rent money.

Primary Purpose-Doing really well.

Manayunk-Thursday 8:00 needs support.

New Horizons-Thursday 8:00. First Thursday-Topic

Last Thursday-Step & Tradition

Go For It-New Meeting-St. Francis Inn, Kensington
& Hagert sts. Wednesday 8:00.

V.A. Detox-needs support, Monday at 6:00 at 38th &
Woodland.

Serenity-Doing lousy!! Thursday 8:00, Bridge Outpatient
Grant Ave. Please support!

HOTLINE

Having small problems. Needs committee members.

Needs primary contacts from groups.

LITERATURE

Literature conference planned for November. New 12 & 12
book to be reviewed by Philadelphia region.

LITERATURE REVIEW

All literature was approved at the conference in
California except the big book. Copies of the new 12
& 12 will be handed out to Areas at the 4ECNA for
review. Get back to Andy if interested in being on
committee

PUBLIC INFORMATION

We need letterhead. Opportunity for spots on TV stations
Tape or announcements.

Announcements:

Meetings Need support ~

1- "Go for it" Group
Hersington & Naquet

Wednesday 8:00.

2- "BRIDGE Outpatient"
Hunt Ave. ^{ABOVE} BLVD.

Thursday 8:00.

3- "St. Mary's"
Frankford & Palmer

Thursday 8:00

4- "New Horizons II"
PATH - Castor Ave

Thursday 7:30

5- "Freedom" group
2205 Bridge St.

Saturday - 1:00

6- "St. Joachim's"
Church & Guilerm

Sunday 8:30

Anniversaries ~

July 4 - Bill G. 5 yrs.

July 5 - John S. 4 yrs.

July 5 - Charlie 2 yrs.

July 7 - Karen D. 1 yr.

July 8 - Sue B. 1 yr.

July 11 - Mark M. 2 yrs.

July 12 - Mark J. 2 yrs.

July 29 - Dale B. 5 yrs.

July 29 - Andy B. 1 yr

July 29 - Mike V. 2 yrs.

Congratulations!

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 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.

MY HELL IS OVER



BY ME STAYING SOBER