

## The Cleansheet

P.O. Box 14541

Phila., Pa. 19115

The CLEANSHEET is a subcommittee of Philadelphia Area Service Committee. The primary purpose of the CLEANSHEET is to provide a written message of recovery to addicts seeking recovery, to promote unity, and to provide our members with news. The opinions expressed herein are from the individual member of N.A. and do not necessarily represent those of N.A. as a whole. All input is welcome and needed to carry the message. The CLEANSHEET is a monthly publication. Subscriptions are available at a cost of \$5.00 per year. Send name, address, and check or money order to:

The Cleansheet  
P.O. Box 14541  
Phila., PA. 19115

Cleansheet committee meets on Sunday, June 17th & Sunday July 8th. Everyone is welcome. Call Andy at 676-8784 or Bob at 886-7233.

## Conventions & Announcements

5th E.C.C.N.A.  
5th East Coast Convention of N.A.

Date: June 22-24, 1984  
Theme: "Reaching Out"  
Place: Yale University, New Haven CT.  
Events: Workshops, Marathon Meetings,  
Dances, swimming, live music.  
Cost: Registration \$10,  
Banquet-Dance-Registration \$30,  
(doesn't include rooms & meals),  
Total Package \$75 (includes Reg.,  
rooms, meals, banquet, & dance)  
Mail To: 5th E.C.C.N.A.  
P.O. Box 611  
Hartford, CT. 06142-0611

### LANSDALE GROUP'S 10th ANNIVERSARY

Date: Monday, June 11, 1984  
Time: 8:30 p.m.  
Place: 4th & Broad Sts.  
Lansdale, PA.

## New Meetings

Monday - "On The Beam Group" 8:30 p.m.  
St. Anne's School Hall  
Memphis & Tucker Sts. Open Beg.  
(1 block from Aramingo & Lehigh)

Monday - "Lifewish Group" 8:00 p.m.  
Church & Griscom Sts. (basement)  
Spkr. Discussion

## Meetings In Need Of Support

Wednesday - "Center City Beginners Meeting"  
Salvation Army Bldg. 3rd &  
Walnut Sts., Phila. 7:30 p.m.

Wednesday - "Go For It Group" 8:00 p.m.  
St. Francis Inn  
Kensington & Haggard Sts.

## H&I Commitments

The Bridge - Primary Purpose Group  
Interim House - Manayunk Group (July)  
L.K.E.C. - Go For It Group  
Firehouse - Men At Work Group  
Guiffre Med. Detox - South Phila. Group  
Gaudenzia House - Center City Group  
Guiffre Men's Rehab - Men At Work Group  
Today Inc. - Abington Group  
Episcopal Hosp. -  
St. Mary's Detox -

Prisons should be started by June 1st, 1984.  
Requirements: need I.D.; 6 months cleantime  
to Chair; 3 months cleantime to speak.  
Anyone wanting to speak call:  
Diane - 215-426-7074

out in us has to be overcome by persistent effort. We keep asking for willingness. We may be doubtful still that God will see fit to relieve us or that something will go wrong. We ask another member who says, "You're right where you're supposed to be." We renew our readiness to have our defects removed. We surrender to the simple suggestions that the Program offers us. Even though we are not entirely ready, we are headed in that direction.

Eventually faith, humility and acceptance replace pride and rebellion. We come to know ourselves. We find ourselves growing into a mature consciousness. We begin to feel better as willingness grows into hope for relief. Perhaps for the first time, we see a vision of our new life. With this in sight, we put our willingness into action by moving on to Step Seven.

Taken from the Basic Text of Narcotics Anonymous 1982 C.A.R.E.N.A.

## Experiences On This Step...

### STEP SIX

After being beaten into submission by addiction, I had the deepest feeling of being a really hopeless case. It seemed that there was nothing I could do to stop the progression that I knew was firmly imbedded in and through my whole being. Every attempt to stop or reverse the deterioration had failed. I could not see the bottom of that bottomless hell I had been living in for so many years. Then, for the first time, I knew that I was a real addict. All of the pain, work, tears, trying, self-help, programs, therapies, etc. amounted to absolutely nothing. I was a goner. I just couldn't fix me and nothing else could either. That's when I turned to some Higher Power and asked for something, I didn't know what.

When I went to bed that night, I was already given the gift which I know was the beginning of recovery. A sponsor, a home group, and the Twelve Steps were the solution. I really did come to believe that only a Power Greater than myself could do the job that nothing else could. Then with the help of my sponsor, I went on to Step Three, then Four, and then Step Five.

Upon arriving at Step Six, I realized that as a result of the previous five steps, I sure had a lot of things that needed fixing or removal. But, how were they going to get fixed? I didn't know. While sharing this with my group, it was pointed out to me that the implication in this Step is that we're ready to have GOD do the job. This realization prompted a

stretch of faith that I formerly never had. It meant even more to me when I realized that the job is in the hands of God. It was a wonderful relief to know that I didn't have to work on me anymore, and that I didn't have to rely upon any other human effort or mechanical process. THANK GOD.

Anonymous

### STEP SIX

When I came into the N.A. fellowship, it was a last desperate attempt to get away from a life of drugs.

My addiction was well into 20 years in which the last 14 years consisted of endless attempts to rid myself of my drug problem.

Everything in my life became temporary. Survival was the only thing that was happening. Constant failure was my story, but I held on to my addiction.

Since 1970, which was my first attempt to get off drugs, I was continually told and believed that if I would first stop using drugs my life would be alright. It wasn't that simple. After 6 methadone maintenance programs, 8 months in a mental hospital, 3 fourteen day detox stays, two live in rehabs for a total of a year and a half, several arrests, I reached 1984, helpless, desperate, and recently detoxed again. The fear of failure was overwhelming. I was in a continual state of disturbance and frustration. I actually thought my life was over. There wasn't anything that could help me. I actually accepted the fact that this is the

way it was going to be and whatever was in store for me in the here-after, so be it.

It never occurred to me to ask God for help because I was sure God didn't want anything to do with me.

When I came to my very first N.A. meeting, I heard something that I had never heard before, "RECOVERY."

It was suggested to me that with the help of two sponsors who have experienced the 12 spiritual steps of recovery, to guide me, my life would change. I heard that life didn't have to be the way it was, not only would I not pick up again, but I could and would live a life I never dreamed possible. With the help of my sponsors and my home group, I began to experience these steps to recovery.

When I came into the program, I didn't think I had defects of character, just a suffering drug addict with a lot of bad luck. Through the steps, we began to uncover character defects, resentment, selfishness, dishonesty, and fear. There was progress, recovery was happening. We learned in our Basic Text that no peace will be ours unless "We were entirely ready to have God remove all these defects of character."

After experiencing the Sixth Step, the confident feeling, the freedom and love, yes love, have changed my life as I continued into the life of the 12 spiritual steps of recovery.

Anonymous

that the lie is dead... Long live the truth! Those from the south sat in meetings and listened, and came away saying, "There is recovery in other places!" Yes, South Phila., we do recover in N.A. And I heard members from other places who sat and listened to our brothers and sisters from the south section of the city, come away saying, "They don't think they're all Gurus, after all - they're real people, just like us!" Yes, Greater Phila., South Phila. isn't on an ego trip or self proclaimed saints - just carrying the message of recovery, so addicts don't die. We're all in this together, and it has never been more evident to me how together we really are as it was that weekend. There was so much Twelve-Stepping going on - newcomers were surrounded by N.A. at its best! Speakers from all over N.A. shared a strong message in the main meetings, while members shared their experience with the Steps and living clean in the marathon meetings and topic discussions.

At the end of it all, a most unifying and hopeful Regional Service Committee Meeting was held. Five Areas came together and joined their efforts to carry the message to the addicts still suffering. Principles clearly transcended personalities, and love broke through the hollow walls of ego, driven by desire to give away what was so freely given to us. May the seeds of love that were planted here at the Hershey continue to grow throughout the next year in Greater Philadelphia and beyond... So that no addict need ever die without knowing he had a choice.

## Our Members Write...

### A TIME TO COME TOGETHER

Thank God for this Fellowship and the Twelve Steps of N.A.! Before the Convention weekend, I was concerned about the unity in the Greater Philadelphia Region. It seemed that all I was hearing were rumors and gossip - this Area talking about that Area, this Group taking that Group's inventory, we had better recovery than they, Blah - Blah - Blah. Well, this past weekend showed me that those rumors and gossip were all a bunch of garbage - the truth revealed itself down at the Hershey Hotel in Center City. There is unity in the Greater Philadelphia Region! I watched more than 650 addicts from all these different Groups and Areas come together and share their experience, strength, and hope,

If You want to use DRUGS; That's Your business  
If You WANT TO STOP. That's Ours  
Call NARCOTICS ANONYMOUS At  
1-800-232-HOPE  
for someone to talk to, and meetings in  
your local area.

## A Clean & Serene Magazine



# Cleansheet

Issue #8

Phila. Area Newsletter

Aug. 1984

## Our Members Write...

### OUR PROGRAM OF RECOVERY

Narcotics Anonymous is a program of recovery from addiction; it is not a program to enhance addiction. Addiction has took many of us to jails, rehabs, mental hospitals, and the next step for many of us is death. As a result of taking the 12 Steps, we are reassured never to have to go back to the hell of active addiction. When a newcomer walks through the doors of our meeting places, lets tell them of our program of recovery which was so freely given to us. We have seen so many newcomers being told of a diluted way of trying to recover, and we have seen them return to active addiction. There is no easier, softer way than to take the 12 Steps AS SUGGESTED. We have all sought our own paths, thinking it was easier only to end up worse than before. Our program of recovery does work!!! Lets not play with people lives by thrusting them into confusion with diluted recovery. They may end up where we haven't yet been...dead.

Anonymous

### UNITY

When addicts work together toward a common goal, miracles happen. New groups form, new Areas and Regions form, literature gets written, and most importantly, an atmosphere of recovery becomes established into which an addict can come and surrender their active addiction. It's easy to talk about unity; putting it into practice, however, is not always easy. It requires practicing the principles of the 12 Steps at all levels of service. This includes; Taking our own inventory, instead of everyone else's; remem-

bering that we're trying to carry this message to the addict who still suffers, not trying to prove that our way is the right way to others on a service committee; and asking for God's guidance, through prayer and meditation, when things get chaotic in a committee meeting.

Our Area, just as our city, is very diverse. We truly have members from all walks of life here. As a result, our meetings tend to differ in style, depending on which section of the city the meeting is located. Provided the Traditions are being adhered to, they are all N.A. meetings. It's easy to fall into the habit of pointing at the way other meetings are being run and bad-mouthing them, believing that our own Home-Group is the best and strongest N.A. around. It's easy, but deadly! Who suffers? The newcomer suffers...N.A. itself suffers, as unity goes out the window. If we, instead, would each take our own inventory, and express an attitude of love and support towards all fellow members and groups, N.A. unity will once again grow strong here in Philly, and we will grow. Who will benefit? We all will, but most importantly, that new member who walks through the doors to his first meeting, and a new way of life. Let's not criticize each other...let's reach out and help one another-TODAY.

A concerned addict

## RIGOROUS HONESTY

The "rigorous honesty" which the program talks about is something I found both extremely important and closely tied to the first step in my recovery. From my very first meetings I heard over and over again the phrase "get honest". Having been caught up in an active addiction for many years, honesty was not a part of my daily life, however, my sponsors and friends in the fellowship told me that it was absolutely essential and that real recovery would elude me if I did not try to be rigorously honest in all my affairs. The first thing which I had to get honest about was what my addiction did to me. Over the years, I had learned to justify and deny much of what happened as a direct result of my addiction. When I began to share with other N.A. members this started to change. Slowly the truth started to emerge. The process of attempting to get at the exact nature of my past helped me later on in the writing of my Fourth Step. Next, they suggested that I get honest in my financial affairs. I started to do this. They explained to me that my need to duck bills and evade responsibilities was due to fear of financial insecurity. That I should trust my Higher Power unconditionally in all my affairs. I found that this honest attempt to get at the truth became the first spiritual principle which worked for me. I discovered to my amazement that I no longer needed to duck my creditors or lie to my sponsor. The truth did not hurt at all. I now know why the program teaches that with honesty, open-mindedness and willingness we are well on our way.

Anonymous



## HERE I COME

Here I sit in my cell  
so much time for thought  
to realize that  
this is Hell

There's nothing to do  
but sit and think  
I do thank God that today  
I don't crave a drug or a drink

I started getting high  
because I wanted to be free  
I wanted to escape  
because I did not like me

To get high I lied  
and cheated and stole  
for life without drugs  
I thought would be very dull

I had become a junkie  
and little did I know  
that I had nowhere to turn  
and nowhere to go

I searched for awhile  
then something led me to N.A.  
What I got from the program  
has been more than I could ever pay

I must admit though  
at first I went on a dare  
But I kept on coming back  
for I had never felt such warmth and such  
care

So here I am sitting in jail  
yeh I used to be a bum  
But once I'm released  
lookout world! Here I come!!

J.I.J.  
Chester County Prison

# H&I Committments

The Bridge - Primary Purpose Group  
Interim House - South Phila. Group  
L.K.E.C. - Go For It Group  
Firehouse - Men At Work Group  
Guiffre Med. Detox - South Phila. Group  
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Today Inc. - Abington Group  
Episcopal Hosp. -  
St. Mary's Detox -

Prisons have started!!!  
Requirements: need I.D.; 6 months cleantime  
to Chair; 3 months cleantime to speak.  
Anyone wanting to speak call:  
Diane - 215-426-7074

# Changes

Mon.- Fri. - "Reality Group" 8:00 p.m.  
5516 Torresdale Ave.

Mon.-Sun. - "Reality Group" 11:00 p.m.

Tues. & Fri. - "South Phila. Group" 8:30 p.m.  
St. Rita's Bingo Hall  
Broad & Wharton Sts.

Sun. - "South Phila. Group" Sunday nite  
meeting is temporarily discontinued.

# New Meetings

Monday - "On The Beam Group" 8:30 p.m.  
St. Anne's School Hall  
Memphis & Tucker Sts. Open Beg.  
(1 block from Arimingo & Lehigh)

Monday - "Lifewish Group" 8:00 p.m.  
St. Joachim's Church  
Church & Griscom Sts. (basement)

Wednesday - "K.I.S.S. Group" 1:00 p.m.  
1502 Frankford Ave.

Sunday - "Freedom Group" 4:00 p.m.  
5516 Torresdale Ave.

## LETTER FROM THE CLEANSHEET COMMITTEE

The Cleanteam has had great honor in serving our fellowship for the last eight months. We have grown a lot closer and experienced what selfless service is all about. We cannot express our gratitude for our recovery anymore than to continue the efforts we have already started. We have hard times when we do not have input to work with. Sometimes we have to make phone calls to find out what is going on in our area (such as Group news, different Areas news, and recovery news). We need your help, we cannot do this alone. Remember our primary purpose is to help a suffering addict. Take a few minutes out of your day and write your experience, strength and hope. It might just save an addicts life. We hope that this Cleansheet will end up in the hands of a still suffering addict and with your help we can share with him that there is a better way so that he may get what was so freely given to us!!!

In Loving Service,  
The Cleanteam

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Cleansheet committee meets on Sunday, July 15 and on August 5th, 1984. Everyone is welcome. For location call: Andy P. 676-8784; Bob H. 886-7233; or Jeff W. 947-5455.

## Conventions & Announcements

### 3RD ANNUAL BLUE RIDGE CAMPOUT

**Date:** July 27 - 29, 1984

**Place:** Blue Ridge Mountains,  
Crozet, West Virginia

**Events:** Speakers Meeting, Marathon Meeting, Spiritual Speaker, Camping, Tennis, Dancing, Fishing, Horseback Riding, Hunting, and Hiking.

**Cost:** Registration Fee \$10, Sat. Nite Meal \$2.00.

**Mail To:** B.R.A.N.A.  
P.O. Box 1141  
Harrisonburg, VA. 22801

Or Call: Richard (804) 296-8020, Tammie (703) 433-0290, Eddie (703) 943-9192, or Larry (703) 777-3320.

### 14TH WORLD CONVENTION OF N.A.

**Date:** August 30 - September 2, 1984

**Theme:** "Miracles Happen"

**Place:** The Hotel Continental  
505 N. Michigan Ave.  
Chicago, Illinois

**Cost:** Registration \$20 - \$25  
Banquet \$25 - \$30  
Sunday Brunch \$12 - \$15  
Single & Double \$35 per night

For more information write to:  
WCNA - 14  
Box 24, 1744 W. Devon  
Chicago, Illinois 60660

### 3RD ANNUAL VIRGINIA CONVENTION

**Date:** January 4 - 6, 1985

**Theme:** "Spirit of Unity - Foundation for the Future"

**Place:** New Marriot Hotel  
Richmond, Virginia

**Events:** Speakers, Meetings, Pool, Jacuzzi, Banquet, Dance

**Cost:** Registration \$15; Registration, Banquet, Dance \$40; Registration, Banquet, Dance, Meals \$70

**Mail to:** 3RD A.V.C.N.A.  
P.O. Box 25285  
Richmond, Virginia 23260

**Call:** Tracie S. (804) 264 - 3910

## Area News

The Philadelphia Area Service Committee met on June 10, 1984. The following are highlights from that meeting:

Public Information Committee needs interested people to restart the committee. There will be no P.I. Committee until dedicated people are willing to take this position. A reminder that all Groups should be reviewing the literature passed out a few months ago. All Area Sub-committees are doing fine. There was lengthy discussion concerning the directive from the W.S.C. to vote on the deletions in Traditions Four and Nine. This issue was addressed and it was explained that the whole issue was a violation of procedure and should not even be recognized. Therefore, the area Service Committee decided not to vote on this issue at all. An Ad-hoc committee was formed to construct a letter of protest to be sent to the whole fellowship of N.A. It was also explained that there is a large misunderstanding of the Traditions and it seems that our Trusted Servants on the world level are trying to make the Traditions fit our Service structure, which they were never intended to be used for. The Traditions are for the Groups. The next Area Service Committee meeting will be on August 12, 1984 at Harbison Ave. and Roosevelt Blvd., Delaware Valley Medical Bldg., at 7:00 p.m.

## Regional News

The next Greater Philadelphia Regional Service Meeting will be held on July 21 in Montgomery County. Will be held at Cedarbrooke Lodge, Germantown Pike (route 422), East Norriton, PA., (between Woody's Golf Course and Valley Forge Detox) at 12:00 noon. Regional Sub Committee Meetings will be held at 12:00 with the Regional Meeting at 2:00 pm followed by dinner and a dance. It is pertinent that the officers of all Area subcommittees attend as well as anyone who is interested. Bring a newcomer!

Bucks County Area Services and meetings are in need of support. We Can't Keep what we have unless we give it away.

A reminder that any additions-corrections-deletions on the Regional Meeting List should be given to your ASR so that we can keep the list up to date. Also the Literature Review Chair reminds that the groups should be reviewing the literature handed out at the last meeting as well as compiling input for Traditions 4, 5, and 6.

The positions of H&I and Public Information Chairs for the Region are open. Anyone interested in these positions please attend the July meeting. See you there!



# Experiences On This Step...

## STEP SEVEN

My sponsor had asked me if I was entirely ready to have God remove all the defects of character which had been blocking me from him. Since I had never been able to do anything about them, I was ready. My sponsor then said "Ask Him." The seventh step was a simple act of asking God to take all of me, good and bad, to become as close as is humanly possible to his will. It was a prayer which expressed more willingness on my part to live by spiritual principles. I have not given it too much thought since taking it except when a little self doubt or excessive criticism of myself slips into my life. Then I remember it's Gods job to fix those things, not mine.

Anonymous

## STEP SEVEN

With the help of God and my two sponsors, I found myself ready to take the Seventh Step, in which we Humbly asked God to remove our shortcomings. Having become willing in the Sixth Step, I then humbly asked God to change my life.

For me the word humble is an important part of Seventh Step and in living the program. After coming from the point of not having any trust or faith in God to remove these defects in character whenever he saw fit. I had tried for two years to change myself by myself. I knew I could never do it alone. Now with Gods help I can change, things are now possible that I thought were forever out of my reach.

When I first came to the program I thought I had lost my pride long ago, but I found through the word humble, that my pride was in the way of my recovery from my so called pride stemmed many of my resentments and hurt feelings I had experienced through out my life. To me, to be humble is to let go of pride, something I had never seen as a fault before and came to this program.

I know it was up to me to be willing, but without Gods guidance I would never even realized my faults as the shortcomings they are.

Today, as I continue my Steps and the 12 Step way of life, I would say to any new-comer you don't have to be the way you are now, things can get better, there is recovery for you.

Anonymous

## STEP SEVEN

I had no problem asking God to remove my shortcomings. I know that (1); if I remained the same person I was, I would use and (2); I was tired of trying to change myself. Perhaps, He would. For I hated myself. I came into the program hating myself, and after trying to live decent and feel okay, I hit a bottom trying to do just that. I discovered that I had more problems and that living on life's terms was not my way. But for the Grace of God, I was given these Twelve Steps to live decent and to feel okay. With the Seventh Step, I prayed, "God, you can have everything to do with me as you will, good and bad." I don't remember any special feelings or whatever. But, when we rely on God, what can go wrong?

Anonymous

If You want to use DRUGS; That's Your business  
If You WANT TO STOP. That's Ours  
Call NARCOTICS ANONYMOUS At  
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for someone to talk to, and meetings in  
your local area.

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