



Cleansheet

Issue # 11 Phila. Area Newsletter Nov. 1984

Our Members Write...

After surrendering to my addiction and asking for help, my sponsor's Home Group became mine. I didn't realize the importance of this until much later, but important it was and is. A Home Group did more for me than anything else in helping me fit into society again. All my life I never had friends. Yes, I knew many people and many of them called me a friend. They were honest with me, but I could never be honest with them. I was always knotted up with lies and was always maneuvering to protect myself. I surrendered and told these people in my Home Group about me. The real me! The things I could never before share with anyone, not myself, my folks, my wife, my kids, my employers, my doctors, my friends and God, I all at once talked about. Openly and freely I talked with these people that I was seeing on a regular basis, and they were accepting me not for what I wasn't but for what I really was. I didn't have to impress them; I didn't have to kid them; I only had to be me as I really was.

With the steps, my sponsor, my Home Group, and God, I started to live again without being anything but me. I went back into the world no longer afraid.

Anonymous



God As I Understand Him

My best efforts enabled me to become a dope fiend. Surely then there must be a power Greater than myself. Otherwise, we would all be in serious trouble! I really don't understand how God allows me to change, yet I am positive that he is an ever-present force in my life. I cannot offer any concrete proof that God even exists; however, I am sure that he has done for me what I could not do for myself.

God has changed my perspective on life quite drastically. I no longer view life with skepticism or cynicism but instead I look forward to each day with optimism. By attempting to follow and obey God's will on a daily basis, He reveals his intentions for my life. I believe that conflict and temptation are a necessary part of life because they test our faith. If we were self-sufficient, what would be the use of humbling ourselves to God? My higher power has time to listen if I have enough time to pray. Trust me, God isn't dead, I talked to him this morning!

Anonymous

THANK-YOU NA

NA, I was lost in a world of drugs until one day I walked in and saw what you had to offer. I really thought I was lost in everything, but now I have something.

NA, I have you and I thank God that there are people in this world that care about people like me. So I thank you for helping me.

C.J.C. Sr.
Graterford State Penetentiary Group
of NA.

QUESTIONS FOR YOUR GROUP

1. What is the basic purpose of the Group?
2. What more can the Group do to carry the message?
3. Considering the number of addicts in our community, are we reaching enough people?
4. What has the Group done lately to bring the NA message to the attention of clergymen, physicians, judges, and others who can be helpful in reaching those who need NA?
5. Is the Group attracting only a certain kind of addict, or are we getting a good cross section of our community?
6. Do new members stick with us, or does turnover seem excessive?
7. How effective is our sponsorship? How can it be improved?
8. Has everything practical been done to provide an attractive meeting place?
9. Has enough effort been made to explain to all members the need and value of service to the Group?
10. Is adequate opportunity given to all members to speak and participate in other Group activities?
11. Are Group officers picked with care and consideration on the basis that officership is a great responsibility and opportunity for Twelve Step work?
12. Does the Group carry its fair share of the job of helping Area?, Region?, World?, and meetings in institutions?
13. Do we give all members their fair chance of keeping informed about the whole of NA-Recovery, Unity, and Service?

Reprinted From NA Way
July, 1984

In service to NA, "...there is but one ultimate authority, a loving God as he may express Himself in our group conscience..."

What is this thing called group conscience? How does it develop? When can we be sure it has been expressed? Upon what does it depend? Our basic text warns us, "...We must be constantly on guard that our decisions are truly an expression of God's will. There is often a vast difference between group conscience and group opinion... Some of our most painful growing experiences have come as a result of decisions made in the name of group conscience."

It seems that the getting together of NA members to discuss and decide upon an issue does not insure that the result will be the conscience of that group or an expression of our Ultimate Authority. The limiting factors seem to be the accuracy and completeness of information provided, and quality of recovery, or spiritual base, of the members involved.

Group conscience is only a channel for the expression of our Ultimate Authority. The clarity of the channel is dependent upon each individual's ability to clear a channel to a personal Power greater than themselves. Active addiction, especially in the form of deceit, manipulation, and self-importance among participants, clogs this channel, and limits the ability of a group's conscience to accurately express an Ultimate Authority. The more surrender, faith, honesty, openmindedness, and humility a group shares, the more recovery exhibited by a group, the more accurately that group's conscience may express our Ultimate Authority.

We must have accurate information, however, and it needs to be presented without bias. Also the group must have sufficient time for all voices to be heard, all experience shared and an atmosphere of service through recovery maintained.

Some may feel that this Ultimate Authority is all-seeing and all-knowing; that the power of a loving God has expressed Himself through group conscience transcends the nasty reality of any lack of information or inaccurate information. This may be true. However, in our honest attempts to serve through participation in a group conscience, we each use all the logic, experience, and common sense we have. We trust the personal integrity of our servants. We expect to receive accurate, complete, unbiased, timely information from which to draw conclusions and make decisions in the name of group conscience.

This makes us extremely vulnerable to manipulation by trusted servants who lack integrity and would control communication. Many very wrong decisions made in the name of group conscience have been a result of manipulation in form of incomplete, inaccurate or biased information. While encouraging the members responsible to change and grow, we should be highly critical of such actions.

Perhaps the most exciting aspect of participation in a group conscience comes when we try to solve a recurring problem. Our primary purpose, maybe even the very lives of addicts seeking recovery, hangs in the balance. The problem looms larger than life. We have sought an answer through group conscience before but failed to find a solution. Old and new ideas fly around the room. We become frustrated and maybe even angry. What do we do? Each member seeks a conscience contact with their personal Higher Power. Perhaps a gentle voice from the rear of the group suggests quietly "we could follow this new path..." The idea seems so clearly inspired, the group and its conscience feel very relieved, a loving Ultimate Authority has been expressed.

Reprinted From NA Way
August 1984

The Cleansheet

P.O. Box 14541

Phila., Pa. 19115

The CLEANSHEET is a subcommittee of the 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 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 welcomed 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 the first and third week of every month. Everyone is welcome. For time and location call: Andy (215)-673-1763, or Bob (215)-886-7233.

New Meetings

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

Tuesday - "O.D.A.T. Group" 8:00 p.m.
Guifree Med. Center 11th Flr.
8th & Girard Ave.

Wednesday - "Surrender Group" 8:30 p.m.
Our Lady Of Calvary Church
11024 Knights Rd., Teach. Lounge

Changes

GROUP CHANGES

Tues.- Fri.- Sun. - "South Phila. Group"
8:30 p.m. Dixon House on 20th St.
between McKean St. and
Mifflin St.

Reality Groups meetings have been cancelled due to not having any meeting place.

Nar-Anon

NAR-ANON

Anyone interested in Nar-Anon, which is for the friends and families of addicts, there is now a Sunday night meeting in Philadelphia at 8:30 p.m. The Group meets at the Dixon House, on 20th St. between McKean St. and Mifflin St. in South Phila. For more information call Beth at (215) 389-7359.



H&I Committments

Conventions & Announcements

PRISON COMMITMENTS

- House Of Correction - Wed., 7:30 - 9 p.m.
(Men) Host - Butch M. (535-3195)
- Laurel Hall - Tues., 7:30 - 9 p.m.
Host - Paul N. (634-7261)
- Homesburg - Tues., 8 - 9:30 p.m.
Host - Paul K. (456-0613)
- House Of Correction - Sat., 9:30 - 11 a.m.
(Max. Sec. Woman) Host - Diane W.
(426-7074)
- House Of Correction - Mon., 8 - 9:30 p.m.
(Min. Sec. Woman) Host - Mary Mc,
(769-7665)
- Detention Center - Thu., 9:30 - 11 a.m.
Host - John S. (332-2209)

Requirements: need I.D.; 6 months cleantime to Chair; 3 months cleantime to speak. Call host of committment desired. H&I Committee meets every 1st Sunday of the Month, 7 p.m., call Diane W. 426-7074.



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

VOLUNTEER REGIONAL CONVENTION
November 21 - 26th, 1984
Sheraton West, Knoxville, TN.
Info - P.O. Box 4443,
Chattanooga, TN 37405-0443

6TH EAST COAST CONVENTION

June 21 - 23rd, 1985
Towson State University
P.O.Box 26513
Baltimore, MD 21207

15TH ANNUAL WORLD CONVENTION

August 30th - through Sept. 1, 1985
For Info - write WCNA 15
P.O. Box 2232
Washington, DC

Area News

The Philadelphia A.S.C. met on September 9, 1984. We welcomed a few new Groups into the Area. All Groups were given a list of questions to be voted on by group conscience prior to the World Service Conference 1985. H&I Committee stresses that we carry the NA message of recovery when we go into hospitals and institutions, and that we should not carry any other message than our own personal experience with the principles of NA. There are many positions open at the Area level. Anyone who is interested in these positions please ask your G.S.R. or attend the next Area Meeting. The next Area Service meeting is on Sunday, November 11, 1984 at Harbison Ave. & Roosevelt Blvd at 7:00 p.m.

Regional News

The Greater Philadelphia Regional Meeting was held on Sept. 15th in Buck's County. All Areas were present. South Jersey and Shore-Coastal Areas are considering the possibility of forming a New Jersey State Region along with the other Areas in New Jersey. The positions of H&I, Treasurer, and Convention committee chairs are still open. Anyone interested in these positions please contact your A.S.R. The Region started a Literature Distribution committee so that the Region can stockpile literature so the Areas can purchase directly from the Region. There are new Regional Meeting Lists that will be available to the Areas in October. There was discussion of the possibility of starting a Regional Service Office. The next Regional Meeting will be held on Sat. 17th, 1984 in Tri-County Area (Delaware). All are welcome to attend.

Experiences On This Step...

IN GOD'S TIME

The Tenth Step

Since I have begun to practice this step, I have taken on a new attitude of which I have never had. My life has taken on a much greater meaning since I have stopped fighting everyone and everything. At the end of my day before going to sleep, I look through the day for any pain such as selfishness, dishonesty, resentment, and fear. Did I make any judgements on anyone? Was I fearful of any situations? I admit them to my higher power asking forgiveness. During the day when I am conscious of these problems, I ask my higher power to remove them. I know that by experiencing this step I have tried to become the best person I can be and have become God-conscious. There was no work involved in this step, nor was it hard. I tried not to analyze it and tried to listen to the suggestions from my two sponsors. I was told that this was to be done on a daily basis, which I did not understand, and that it would continue for a lifetime. I have a better relationship with my higher-power only by experiencing the Twelve simple Steps.

Anonymous

After experiencing the first nine steps with the help of my two sponsors, I was totally willing, as I had been with the previous steps, to begin on Step Ten. I was given my sponsors' experience with this step, which was to take a personal inventory of their day at the end of the day and to go over any of the character defects or shortcomings that we had noticed during that day. As any addict at first, I thought that by experiencing Step 6 & 7 that they would have been removed already, but alas, I was mistaken. They were to be removed, as it was explained to me, in God's time, not mine. I had merely been WILLING to have them removed in the previous steps.

I was told that anything I noticed during the day, such as anger, greed, selfishness, fear, etc., I would simply state to God and then thank him for the day I had. I did not ask for these things to be removed, but simply pointed them out. In time, I noticed that I began to notice these defects or shortcomings as they were happening, and to my surprise, they began to appear less and less, through none of my own doing, as I had tried so many times in the past. I may now have the ability to notice these defects, but understand that they will be removed in God's time, not mine. Something I also noticed was that things that happened in the

day , which I normally would have judged as good or bad, I do not anymore. I know that if God is running my life, they can neither be good or bad, but exactly what they should be. I have no expectations on this or any other step, and I simply do the step the way it was explained to me. My life today is definitely beyond my wildest dreams and imaginations.

Anonymous

It was stressed to me that CONSISTENCY with this and 11th Step were essential for success. Every night without fail this step is taken. It works real well. Recovery is progressing steadily forward.

Anonymous

An Addict's Experience With The 10th Step

My recovery began when I got two sponsors and asked them to help me experience the 12 Steps of N.A. At that time I was four years clean. I had faithfully gone to meetings everyday, used sponsors (when I was desperate), been very involved in every level of Service work, and I was still an emotional wreck. These sponsor's said they would sponsor me if I let them. I was at a point where I would do anything, so I said I would let them.

From that point to this I've had no major problems in my life. My job situation immediately improved, and has continually gotten better. I have a good relationship today. I was about \$6000.00 in debt and now my slate is clean. I'm comfortable with my family and they are with me. My life is comfortable, enjoyable, and fulfilling. I attribute all of this to the 12 Steps of N.A. and a loving and caring God who is working in my life. These sponsor's helped me to experience this by sharing their experience with me.

With their guidance I took the first nine steps. It wasn't difficult; in fact it was pretty easy. They shared with me how they took the Tenth Step daily. It was simply taking a few minutes at the end of the day to look over the day. All I had to look for was fear, self-centeredness, dishonesty, and resentment. Whenever these things were evident, I just had to admit them to God. It was suggested that I shouldn't try to change these things - just admit them to God. If any of these things persisted, then admit them to another person as well.

Subscriptions are available for \$5.00 per year.

NAME _____

ADDRESS _____

ZIP _____

Send check or money order to:

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

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.

