

CLEANSHEET

P.O. Box 44
Claymont, DE 19703

Vol.1 No.5
Apr. - May



Dear NA Members:

ANNOUNCEMENTS

The CLEANSHEET is a subcommittee of the Greater Philadelphia Regional 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 MEMBERS OF N.A.; AND DO NOT NECESSARILY REPRESENT THOSE OF N.A. AS A WHOLE.

All impute is welcome and needed to carry the message. Everyone is welcome and encouraged to attend our meetings on the 2nd and 4th Weds. at 7 o'clock. CALL:

- Steve, chairman.....(302)798-1262
- Debbie, co-chair.....(215)532-7113
- Tony, Phila. Rep.....(215)228-5566
- Scott, SWANA Rep.....(302)575-1615
- Joe, Tri-County Rep.....(215)724-6327

OR MAIL YOUR IMPUTE TO OUR P.O. BOX

PHILADELPHIA REGION

April 9th
Regional Joint Administrative Committee Meeting
Holiday Inn on Street road near US #1 at 12 o'clock (noon)

April 17th
Greater Philadelphia Regional Spiritual
Breakfast; Holiday Inn 4th and Arch Streets
in Phila. \$10.00 cost. CONTACT
John S. 743-3936

May 14th
Greater Philadelphia Regional Service Committee
meets at Pratt and Summerdale in Phila. 12:00 noon

PHILADELPHIA AREA

May 21st
FREE to the fellowship- Mini Convention-
WHERE- BVM Church Hall-Bustelton Ave below
Welsh Rd.-1/2 mile west of U.S.#1- Noon to
2am-Recovery Meetings-Dance-share your
EXPERIENCE***STRENGTH***HOPE****

TRI-COUNTY

PUBLIC INFORMATION needs your support they meet
the 1st and 3rd Sunday of the month at 7:00pm in
the Christ Church, Sellers & Nevins Aves.,
Ridley Park, PA SHOW YOUR GRATITUDE*****

Tuesday Nite Alternatives
Anniversary Dance April 23, Saturday,
8 pm to 1am \$5.00 don. Bowling Green Inst.
945 Newark Rd. Toughkenamon, PA.

SMALL WONDER AREA

HELPLINE SUBCOMMITTEE of S.W.A.N.A meets the
second Sunday of the month at the Open Door,
Green & Commonwealth, Claymont at 6:30 pm. It
is suggested you have six month clean time to
be on Helpline but anyone may be on the
committee For additional info- call Felicia B.
(302) 798-6468.

S.W.A.N.A. is putting on a Unity Day sometime
in the spring. We have an Ad Hoc Committee set
up for this purpose. Listen For dates and times
of the meetings- Good way to get involved.

GROWTH NOTE: RECOVERY

Recovery It's not a right it's a privilege!
Those that possess it are bound to give of them-
selves in ways that those who don't possess it
cannot conceive. Remember there is a debt we must
pay. A calling we must answer. And that your life
and death belong to God. But fear not, for with
hardship comes ease and never would God make your
sacrifices be of no avail.

EBO
Philly

DEADLINE*DEADLINE* DEADLINE*DEADLINE
*****JUNE-JULY ISSUE*****
April 13-april 13- APRIL 13- Apr. 13

HOTLINES

TRI-COUNTY AREA

SMALL WONDER AREA (DELAWARE)
Phone 1-302-429-8175

IN CHESTER & DELAWARE
Phone 215-534-9510



IN PA — PHILA. — (215) 934-3944
BUCKS COUNTY — (215) 934-3944
MONTGOMERY COUNTY
(215) 688-4730

..... WANTED



PEOPLE TO WRITE LETTERS TO RECOVERING PERSONS BEHIND THE WALLS! Share your recovery with someone who needs you!

Steven Bell (s-0357)
Box 244
Graterford, Pa. 19426-0244

CONTROVERSY

What is controversy? A dictionary definition is "a discussion marked by the expression of opposing views." Basically it could be my vs. your view. I don't find where it says that we need to find where it says that we need to compete against each other written anywhere in the BASIC TEXT.

Our first tradition says we may have a difference of opinion but we need to set aside those differences when it comes down to carrying the message of recovery to the addict still suffering. Unity is a must in N.A.

There is a time and place for my views to be heard. This is at my home group business meeting or group concious. THATS ALL! In that group will the ultimate authority be expressed- A loving a caring God. True spiritual principles are never in conflict, they always complement each other. If my views are opposed by my group concious it's time to practice humility and get back to the basics- the 12 Steps- and deepen my surrender to N.A.

Anonymous

I WONDER

I WONDER WHAT MY LIFE WOULD HAVE BEEN LIKE,
I WONDER WHAT I WOULD HAVE BEEN,
IF I HAD NOT TAKEN THAT FIRST DRUG
THE CHEMICAL THAT BECAME MY SIN.
IF I HAD NEVER KNOWN THE PLEASURE, PAIN,
THE EUPHORIA THAT IT GIVES,
WOULD I'VE EVER KNOWN THIS WONDERFUL FEELING,
THIS GREAT DESIRE TO LIVE.
IF I'D NEVER EXPERIENCED THAT TERRIBLE BONDAGE,
THAT CHAINS OUR VERY SOULS,
WOULD I EVER HAD EXPERIENCED THIS GLORIOUS FREEDOM
THAT DAY, BY DAY UNFOLDS.
IF I HAD NEVER LOST THE RESPECT OF FAMILY
AND OF THE FRIENDS I KNEW,
WOULD I EVER HAVE ENJOYED THE COMMON BOND
OF LOVE I SHARE WITH YOU.
IF I HAD NEVER LOST THE PURPOSE
AND EVEN THE NEED TO LIVE,
WOULD I HAVE EVER GAINED THIS GREAT RELATIONSHIP
THAT ONLY GOD CAN GIVE.
NO
DESPITE THE HELL, DESPITE THE LOSS, DESPITE THE SHAME,
I MUST SAY
BECAUSE OF THE GRACE OF A LOVING GOD
I'M A BETTER MAN TODAY.

MELVIN M 8/85

I used to think it strange
How "they" looked for the dots;
Now I find myself doing it-
Lots.

Just spending hours
Picking the floor;
Simply to find
One hit more.

"Just one more,
"Just one more hit
Then I promise
That will be it.

The end to my
White Dot Fever craze;
The end to my bedroom
Full of haze.

Yep, now I think
I can really quit;
Well, maybe just
one more hit....."

L.L.

White Dot Fever

The Station

Tucked away in our subconscious is an idyllic vision. We see ourselves on a long trip that spans the continent. We are traveling by train. Out the windows we drink in the passing scene of cars on nearby highways, of children waving at a crossing, of cattle grazing on a distant hillside, of smoke pouring from a power plant, of row upon row of corn and wheat, of flatlands and valleys, of mountains and rolling hillsides, of city skylines and village halls.

But uppermost in our minds is the final destination. On a certain day at a certain hour we will pull into the station. Bands will be playing and flags waving. Once we get there so many wonderful dreams will come true and the pieces of our lives will fit together like a completed jigsaw puzzle. How restlessly we pace the aisles, damning the minutes for loitering --waiting, waiting, waiting for the station.

"When we reach the station, that will be it!" we cry. "When I'm 18!" "When I buy a new 450 SL Mercedes Benz!" "When I put the last kid through college!" "When I have paid off the mortgage!" "When I get a promotion!" "When I reach the age of retirement, I shall live happily ever-after!"

Sooner or later we must realize there is no station, no one place to arrive at once and for all. The true joy of life is the trip. The station is only a dream. It constantly outdistances us.

It isn't the burdens of today that drive men mad. It is the regrets over yesterday and the fear of tomorrow. Regret and fear are twin thieves that rob us of today.

So, stop pacing the aisles and counting the miles. Instead, climb more mountains, eat more ice cream, go barefoot more often, swim more rivers, watch more sunsets, laugh more, cry less.

Life must be lived as we go along. The station will come soon enough.

Loneliness

I used to think I was lonely
All the times I sat
With rooms full of people
Using.

I had never loved myself.
I had never let anyone
Love me.
Loneliness is missing love.

I know now that I
Never was lonely
Because I never knew
Love.

Today I love me.
I let other people love me.
Today I could use and become
Lonely.

I will never be
Lonely
Because that's not an option
Today.

My Story of the H.P.

To the Recovering addict. In our fourth step, we are to learn about the higher power or try to find out what it's about or the meaning of the higher power. I'm an addict but I found the higher power and it's God. I'm so glad that he is in my life. Now that I'm back to stay the N.A. Way. I've been very happy and I've learned to accept things that I cannot change and the things I can change. God gave me the power to share with other addicts and also in the rooms. The way the higher power came into my life; I was down to the last breath of my life. The higher power just made me realize that I better get my s#\$\$ together, either I come back to the N.A. Way or goodbye. I was at 72 lbs. and was pregnant when I used. Then I let God come into my life and take my soul. I gave my soul to God for my life and my children's health. Now he gives me the power to come and go into the city's jungle and to live clean. It's good to feel clean and to live the basic way of living. Now I got my sanity under control. Thank God for N.A. Now I'm somebody again!! I'm clean again and here to stay for good.

Eveé

THE ADDICTS PRAYER

It has come to my attention, not very hard to see, that to straighten us addicts out.
Then in good faith we must be, people who live for our recovery, for we were void of it you see. The lifeblood of addiction. This addiction we all loved has grown a madness in us that produces hawks not doves. The coldness of addiction we did wear like a crown, if we don't get recovery soon, then forever we'll be doomed. Oh God save us good addicts, send an attitude to change. Your people have to much potential just to live and die in shame. Please help us all see clearly, that we must walk the walk. For surely we have no need for intellectual talk. We need to serve you soley and express your plan for man. We need to teach truth boldly and make secondary our plan. We then must express fully a pattern for right life. If not then know this trully we will live and die in strife. And if by chance we forget, then please God help us see. That through honesty, openmindedness and willingness we get recovery.



ON COMMING BACK

When it seems there's nowhere left to go,
When family and friends have abused you so,
When everything looks bleak and black,
Just remember "Keep coming back!"

No one is gonna hurt you there
It's a fellowship of love and care.
No matter how many times you may fall down,
N.A. people will bring you around.

!Though no single person may always be home
To answer your calls when you're all alone,
Just come to a meeting and you will find
Old and new friends who can ease your mind.

So if you think it's been to long
To come back to the rooms where you once
belonged,
Put down your pride and all your fear.
Just take a seat and thank God your here.
Laura O.
NE Phila.

A black man run down by a train
A moment of pain, happening totally sane
Growing; street start showing, sell and using
drugs
Armour on, no more feel, no more hugs

Kill a man; live like Peter pan
Doing time for the crime, nobody understands
Life going nowhere, sinking in the sand

Surviving, really don't care; body like a
walking tomb
Mind totally insane; feel like s*\$\$
Chasing the eternal hit; tired of the game
The cycle always the same

Beat, beat, tired of all the heat,
Get out of the flame, get off the street
Come into the rooms, trying to get a day

Nobody likes me, but I'll get it anyway
Went to the rooms, that were white
For me, that was right

Sicker than others I am, Clean today
Only way I know is the hard way
Recovery for today is okay

So to all struggling it works;
Get another day; TODAY
ANON.

ONE TO REMEMBER

Christmas comes but once a year but
this one I'll remember
Back when I was using drugs, it was
just another day in December

I recieved a second chance to live so
I thank the Lord I am here
For when I know God's in my life,
There's nothing that I fear

To have loved ones around me, is the
greatest gift of all
For the people in my life today,
make me feel, Ten feet tall

I love all the little things that come
with this holiday
For now I can appreciate them,
Because I live the "N.A. WAY"

Big Sal "Get To It"



DEATH OR LIFE

- | | |
|---------------------|----------------------|
| <u>A**holes</u> | <u>Reality</u> |
| <u>Disgrace</u> | <u>Empathy</u> |
| <u>Deception</u> | <u>Consistency</u> |
| <u>Insecurities</u> | <u>Opportunities</u> |
| <u>Coldness</u> | <u>Victories</u> |
| <u>Trapped</u> | <u>Encouragement</u> |
| <u>Inabilities</u> | <u>Recovery</u> |
| <u>Obsessions</u> | <u>YOU</u> |
| <u>Nobody</u> | |

WHICH DO YOU PREFER?

Jo-Anne P.
NE Phila.

GOING TO MEETINGS IS LIKE TAKING
A BATH: YOU CAN'T TAKE ONE BATH
AND EXPECT TO STAY CLEAN ALL
WEEK! MAKE A MEETING!!!!!!!!!!!!

Recovery begins with surrender!
Surrender means not having to fight anymore.
We need to be honest with ourselves.
We also need openmindedness,
the opposite of openmindedness is
stubbornness which is self will.
Self will means stubbornly clinging
to one's own beliefs and ideas.
We also need willingness.
Willingness means we are ready,
We have a desire to stop using.
anon.

ANNIVERSARIES



DECEMBER

17th - Eve*****9 mons.

JANUARY

- 3rd - Amy T.*****9 mons.
- 5th - Lisa L.*****90 days
- 5th - Sue U.*****1 yr.
- 21st - Lenny"POWERLESS"K.*2yrs.
- 21st - Lenn P.*****2 yrs.
- 24th - Daniel C.*****2 yrs.

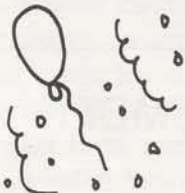
FEBRUARY

- 1st - Tami G.*****90 days
- 9th - Phillis D.*****2 yrs.
- 12th - Mark P.*****1 yr.
- 14th - Sam T.*****2 yrs.
- 17th - Mike R.*****1 yr.
- 18th - MaryAnn H.*****9 mons.
- 19th - Steve Y.*****1 yr.
- 20th - Bob K.*****2 yrs.
- 25th - Andee S.*****1 yr.
- 27th - Bob H.*****1 yr.
- 26th - Dot*****2 yrs.



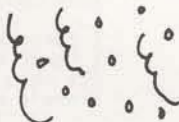
MARCH

- 1st - Doug P.*****1 yr.
- 11th - Mike I.*****9 mons.
- 19th - Joe C.*****2 yrs.
- 19th - Joe L.*****1 yr.
- 21st - Deborah H.*****6 mons.
- 22nd - Felica B.*****2 yrs.
- 26th - Jack C.*****4 yrs.
- 28th - Survival Group***5 yrs.
- 29th - Frank C.*****4 yrs.



APRIL

- 1st - James W.*****2 yrs.
- 1st - Lydia*****9 mons.
- 1st - Danny F.*****2 yrs.
- 8th - Dave P.*****2 yrs.



MAY

- 1st - Deb"Fink"*****2 yrs.
- 4th - Bruce H.*****4 yrs.
- 8th - Ida May*****5 yrs.
- 12th - Diane Mc.*****2 yrs.
- 24th - Frank R.*****5 yrs.
- 25th - Johnny L.*****2 yrs.
- 26th - Tom.M.*****6 yrs.
- ??th - Ebo*****6 mons.



SUBSCRIBE

\$4.00 AFTER DEC. 31ST

Send one to a friend for X-mas

Send check or money order to;

CLEANSHEET
P.O. Box 44
Claymont, DE 19703

PLEASE SEND ONE YEARS WORTH TO:

(name)

(apt)

(street)

(city) (state) (zip)

FOR GIFTS:

(from if you wish)

HELP HELP HELP HELP HELP HELP
WANTED WANTED WANTED
CLEANSHEET

TREASURE-----2yrs. clean
SECRETARY-----6mons. clean
TYPIST-----no time req.
REPORTER-----no time req.
REPRESENTATIVES FROM BUCKS
AND MONTGOMERY COUNTIES