

CLEANSHEET

P.O. BOX 112
Sharon Hill, PA 19079

VOL. 2 NO. 1
AUG.-SEPT.



Dear NA Members:

ANNOUNCEMENTS

The CLEANSHEET is a subcommittee of the Greater Philadelphia Regional Services 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.

Debbie, co-chair.....(215)532-7113
Nancy, co-chair.....(215)547-0387
Bob, sect.....(215)860-9735

CLEANSHEET NEEDS REPRESENTATIVES FROM ALL AREAS

OR MAIL YOUR IMPUTE TO OUR P.O. BOX

TRI-COUNTY

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



SMALL WONDER AREA

HELPLINE SUBCOMMITTEE of S.W.A.N.A. meets the 2nd Sunday of the month at the Open Door, Green & Commonwealth, Claymont at 6:30 p.m. It is suggested you have six months clean time to be on Helpline but anyone may be on the committee. For additional info. - Call Felicia B. at (302)798-6468.



ALL MATERIAL BECOMES PROPERTY OF THE CLEANSHEET. LANGUAGE WILL BE CHANGED TO REFLECT THAT OF NARCOTICS ANONYMOUS. ALL MATERIAL MUST BE ORIGINAL. FOR BEST RESULTS WRITE NEATLY OR TYPE. PLEASE ENCLOSE A NOTE STATING THIS IS ORIGINAL MATERIAL AND GIVE US PERMISSION TO PRINT IT. WE THANK YOU FOR YOUR SUPPORT.

THE CLEANSHEET COMMITTEE

**T
I
M
E**

Time is the master of the suns
In all the worlds time is never done
It goes on and on
Some people sit until their time is upon
But wait for no one
Take a grasp of the good life
For the time is catching up
like a very sharp knife.
Tricia M.

**W
E
L
C
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E**

High on a hill, you sit
Slippery and quick, it'll match your wit.
Sitting quiet, and ever so still
This old life, has left us quite ill.
Haven't you felt, the dark cold chills
Let it be simple, loving and swift
For its a gift, may it give you a lift.
It's a whole new skill, to protect from the chill.
All in your mind, just find the time.
Its always been there, just like air.
Let surround you, astound you, you just weren't aware. Pull off my square, Don't you dare. Find the key, And set yourself free,

Just, let it be...
R.A.M.

PENNSYLVANIA:
PHILA. & BUCKS COUNTY
215-934-3944
CHESTER COUNTY & DELAWARE COUNTY
215-534-9510
MONTGOMERY COUNTY
215-688-4730

HOTLINE NUMBERS



DELAWARE:
NEW CASTLE COUNTY
302-429-8175
NEW JERSEY:
609-886-9022



My name is Roy Graham and I am an addict. I found about N.A. at The Steps Drug Program at the P.I.C.C. Prison. I've now been clean for a year, unfortunately I've just got a 3 year sentence, but that's o.k. Because being clean and wanting to be clean I can accept that, because I truly know that this will be my last bit, just as long as I don't use, I am now in Graterford Prison in complete isolation from any N.A. meetings but being an addict, and I've learned that Recovering Addicts attract each other, one day while trying to get away from the active addicts, trying to find a peaceful place where I could say my Serenity Prayer, I bumped into another recovering addict one, Steven B. In turn we've shared stories with each other, he also said maybe I should write Clean Sheet, and not I am. It's lonely here, I am asking if you would submit my name and address in your CleanSheet, so that I could possibly get some N.A. friends that I could write and share with. CleanSheet, I am sick and tired of being sick and tired. But as long as I don't use it's o.k. Can you please help me.

Love a Recovering Addict,
Roy Graham (S-1005)
P.O. Box 244
Graterford, PA 19426-0244

Steven Bell(8-0357)
1111 Altmont Blvd.
Frackville, Pa. 17931

Russel M. Williams
(M-3257)
Box 244
Graterford, PA
19426-0244

Seifuddin M. A. Simpson
Y8004
P.O. Box 244
Graterford, PA 19426

Joseph Kearns (Y-9395)
1111 Altmont Blvd.
Frackville, Pa. 17931

STRENGHT FOR THE NEWCOMER

We are a good lot of men and women
or teens and even younger
The N.A. program really works
It helps you to be stronger.
If being straight is what you want
I mean; you really truly do
Then you can get it, reach right out
Make it work for you
Work as hard at staying straight
As you did when your were spinning
And work the program; step by step
You surely come out winning.
When you dream the high dreams, as we
all do
Take them for what they are
They'll go away with time; I know
You'll be a shining star
Believe in a power greater than you
Don't let the good life pass you by
Though living straight is adventurous
You'll have a natural high
Hear me when I tell you all this
Everyone thought I would stray
But all these things have worked for me
I have five years straight today.

Written by,
Val

A HORSE OF A DIFFERENT COLOR

Drugs aren't my bag no more;
Drinking no longer my cup'o'tea.
But when something has to get in my
head,
The meetings are always there for me.

At meetings, care & concern are shed-
More important things for my head.
These things I need, and also give,
That greatly help me & others to live.

'Cause the therapeutic value of one
addict helping another
Is like the drinking-drug scene,
(Only a horse of a different color.)

Matt W.

GOD YOU MAKE IT POSSIBLE TO DO

I wonder around in a lot of pain,
Living from breath to breath.
Trying hard to keep the feelings down,
And to hold on to the Sanity that was
left.
Hating everything that I had became.
And the things I was forced to do.
Never once feeling that I could be free,
There was no reason to think that was
true.
All my tomorrows would be the same,
A carbon copy of my past.
How long "Lord" can I keep this up?
How long will this misery last?
And then as the end came, and from
my soul all hell broke loose
From the core of my being came a
scream for help
And God help came from you,
And I walked free of a life time
of hell on earth
And God you made it possible to do.
He told me to put my trust in him,
For the problem was in the past
How long Lord? My Soul cried,
How long will this freedom last?
The answer came by passing my mind,
And stuck in my heart like glue.
And it said as long as you want it
to last
For I'm making it possible to do
So I'm here and I'm speaking for
myself,
Because I can't speak for you.
But come tomorrow, next month, next
year, I'll be here,
Because he's making it possible to do.

Melvin M.



YOU & ME

Floating by oh so high, I hope this feeling will never die. I want to scream. I want to cry, I don't whae, I don't know why.

I don't know what I'm doing here, I don't know why I live in fear. It's bottled up deep inside, I don't know why I try to hide.

Sometimes I feel I just can't take it, but if I try I know I'll make it. Nowhere to run to try to escape it, Nothing to do but give in and face it.

This life I live, I live in hell, I don't know who to trust or tell. My heart is gone, my soul has fallen, I got a sign, It's GOD that's calling.

That used to be the way I lived, Nothing to share nothing to give, but when I'm done, I know I'll be, someone special to you and me.....

Mike C.
3/87

DEADLINE For Next Issue
AUGUST 27

PERSONAL RECOVERY DEPENDS ON NA UNITY

What is happening to the unity that my recovery is based on? There are now specialty meetings all over our region. What's the point in them? I can't relate to being with someone to make me feel better about myself! Or can I only talk with the guys about this or that. When I came around I wanted anyone to show me how to stop hurting. I listened to everyone who would help. It hurts to think I can't go to a womens, mens, non-smoking, gay or some other special group. Why can't we get back to the basics? Our lives depend on unity. We can and must share our experience, strength and hope with each other. Our Basic Text tells hope with each other. Our Basic Text tells us not to alienate someone because of color, creed, religion, lack of religion, sexual preference, etc. Why mess with something that works? When I get out of prison it would be nice to find the nearest meeting and go to it without offending someone.

Yours in loving service,
Steve B.

I know the hell,
I know the pain.
The feeling of lost,
To me's not strange.

LORD HELP ME TO CHANGE

I know the confusion that floods the soul,
a half a person, never whole:
To see that santies now within my range,
God, my God help me to change.

I know what it is to be "Oh" so alone
Even when there's people near by
To fail and to feel like a failure,
Not even wanting to try.

To be told that I'll never be nothing
And believing every word they say
And to know of a God who could change
all of this,
Lord help me to change today.

To hurt ever so deeply
And to feel all alone in my pain
And to use a life destroying drug
Just to feel good again

To be told that I can live
Brings hope alive in my soul
That God who loves me, and really cares
Will help if I give him control

To feel the burden being lifted,
The chains broke from within
To feel the release from my addiction,
The cleaning of that terrible sin.

To know that it was only his Grace
That brought me out of the rain
That only because of his Grace,

To cry from a life time of darkness
With a joy that's truly unfeigned
Thank you God
Thank you my Father
God I thank you for change.

Melvin M.

THERE IS A BETTER WAY

We see those who don't even know there is a better way. We have seen people die, We have seen people come back beaten to a pulp. To see those empty eyes of death is sad. To see them and their loved ones suffer the pain of addiction. Yet, somehow we still go out and try only to find it is the same for us as it was for them.

I ask my higher power please help me to believe that I am no better or less than anyone. Help me to learn from my mistakes and those of others. Help me to count my blessings and be grateful. Help me to believe that you will give me nothing unless you feel I can handle it. Help me please to surrender to my addiction Just For Today!

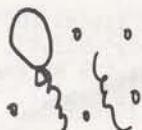
K.C. Back...



ANNIVERSARIES

NA READERS WRITE

JANUARY



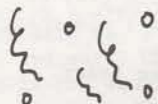
- 9th - Diana L*****5 yrs.
- 27th - Danny M*****2 yrs.

FEBRUARY

- 2nd - Henry D*****7 yrs.
- 20th - Bob K*****2 yrs.
- 22nd - Walt M*****2 yrs.



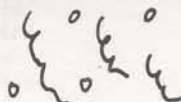
MARCH



- 25th - Steve R*****1 yr.
- 29th - Frank C*****4 yrs.

APRIL

- 1st - Lisa J.*****4 yrs.
- 20th - Cathy S.*****1 yr.



MAY



- 6th - Kent S.*****90 days
- 10th - Coleen R.*****2 yrs.
- 14th - John K.*****2 yrs.
- 18th - Maryann H.*****1 yr.
- 19th - Calvin C.*****2 yrs.
- 19th - Matt W.*****90 days
- 20th - Russ Van*****5 mos.
- 24th - Annabelle E.*****9 mos.
- 26th - Jack W.*****90 days
- 28th - Terri S.*****6 mos.

JUNE

- 1st - Art P.*****6 mos.
- 5th - Jim S.*****9 mos.
- 7th - Bonnie E.*****1 yr.
- 12th - Joe L.*****1 yr.
- 14th - Nancy W.*****90 days
- 24th - Brian F.*****3 yrs.
- 28th - Dom D.*****1 yr.



JULY



- 5th - John S.*****9 yrs.
- 16th - Billy S.*****1 yr.
- 16th - Kevin M.*****1 yr.

AUGUST

- 8th - Dave S.*****4 yrs.
- 10th - Marcee D.*****4 yrs.
- 11th - Mike P.*****3 yrs.
- 13th - Allison D.*****4 yrs.
- 19th - Joseph K.*****1 yr.
- 20th - Frank W.*****5 1/2 yrs.



SEPTEMBER



- 1st - Sheldon L.*****4 yrs.
- 8th - Vince H.*****1 yr.
- 11th - Bill T.*****3 yrs.
- 18th - Chris R.*****1 yr.
- 25th - Al R.*****8 1/2 yrs.
- 25th - Scott D.*****7 yrs.

The Group is the very basis of N.A. and the Second Tradition; Four 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. A group to me has always been very important. I felt safe there, I heard a message of recovery, there was talk about a sponsor, getting involved and working the Steps. I went to the group FIRST. I was scared, lonely, angry and for once I wasn't high. I could see others who talked like me, acted like me but there was a difference, they were clean and happy. I wanted what they had. I saw this at the group not in service work, not a dance, not a dinner or coffee after a meeting. It was the group that got me my first taste of freedom from active addiction. I'm grateful for N.A.'s idea of a group and it's purpose. I can't speak for anyone but me. I do know this when I think of what I've written. It helps me to realize how important it is to get involved in my home group. If everyone did just one thing once a week in their home group, we would have trusted servants, home group members and no trouble with donations, and most importantly, no trouble having an active group conscience.

K.O.

SUBSCRIBE

SUBSCRIBE NOW
1 YEAR - 6 ISSUES
\$4.00

Send check or money order to;

CLEANSHEET
P.O. BOX 112

Sharon Hill, PA 19079

PLEASE SEND ONE YEARS WORTH TO;

(name)

(apt)

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FOR GIFTS:

(from if you wish)