

CLEAN SHEET

P.O. BOX 112
Sharon Hill, PA 19079

VOL. 2 NO. 3
DEC-JAN



Dear NA Members:

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 REPRESENT THOSE OF N.A. AS A WHOLE.

All input is welcome and needed to carry the message. Everyone is welcome and encouraged to attend our meetings.

FOR MORE INFORMATION CALL:

Debbie....(215)532-7113
Roger.....(215)352-4360
Kevin.....(215)844-5886
Alan.....(302)995-1075



ANNOUNCEMENTS

PHILADELPHIA REGION

The 7th Annual Greater Philadelphia Regional Convention of N.A., on February 16, 17, 18, and 19, 1989 will be held at the Adams Mark Hotel, City line & Monument Ave., Phila. PA 19131. For Reservations call (215) 581-5000 or 1-800-231-5858. For other information contact Gloria E. (215) 228-1095, Liz E. (215) 748-7312, Jim A. (215) 532-1627 or Mary M. (215) 769-7665.

BUCKS COUNTY

UNITY DAY on group conscience. Jan. 21, 1989.

For more info CALL: Joe 639-0465 or Carl 245-8465

DELCO

PI meets every first and third Sunday evening at the Christ Church on Sellers and Nevins Sts. in Ridley Park, at 7 pm. Attendance is open and we welcome your input.

S.W.A.N.A.

Activity committee meets every tuesday at 7:15 at Rosehill Community Center, Newcastle DE. For more info call Mike at (302) 571-1118

PI meets every Thursday at 5:30 pm at 2055 Limestone Rd. Stanton DE. For more info call Dave at (302) 764-0151

H&I meets the 2nd Monday at 6:00 pm at 2055 Limestone Rd. Suite 113 and the Last Saturday at St. Mathews Aud. at 12 pm Maryland Ave. AND Boxwood Rd. For more info call Sean (302) 798-3192 or John (302) 654-3186.

H&I Unity Day

Saturday December 3, 1988 at Aldersgate Church Rt 202 & Fairfax DE (north Wilmington). TIME: 10am to 5pm 5:30 Dinner. Dance after dinner \$5.00. For more info call Sean (302) 798-3192 or John (302) 654-3186.

7th Annual Virginia Convention of N.A. Jan. 6,7,8, 1989 Williamsburg Hilton and National Conference Center Williamsburg, Virginia SURRENDER TO LIVE

CONTACT; Tinie or Dave 804-886-0863; Sue 804-249-8327 Mike or Margie 804-868-6389; Becky 804-966-5454

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 THAT THIS IS ORIGINAL MATERIAL AND GIVE US PERMISSION TO PRINT IT. WE THANK YOU FOR YOUR SUPPORT. THE CLEANSHEET COMMITTEE

THOUGHT FOR THE MONTH

Narcotics Anonymous is a spiritual, not religious program. Any clean addict is a miracle, and keeping miracle alive is an ongoing process of awareness, surrender and growth. For an addict, not using is an abnormal state. We learn to live clean. We learn to be honest with ourselves and to think of both sides of things. Decision making is rough at first. Before we got clean, most of our actions were guided by impulse. Today, we are not locked into this type of thinking. WE ARE FREE.

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



IF YOUR GROUP DOES NOT HAVE
CLEANSHEETS SEND A GSR TO YOUR
AREA SERVICE MEETING.

My name is Eddie and I am an addict. I'm the third oldest of twelve children. I started using when I was ten or twelve years old. I began sniffing glue, the glue led me to wine and beer. That led me to pills and then to herion and meth.

When my addiction started it was fun, it promised me everything and left me with nothing. Early in my addiction I began to steal, lie and be just plain dishonest. In all that I've done I think about the people that I hurt most of all and it usually was the people that really cared for me...such as my mom, dad, brothers, sisters girlfriend, and even my children. I went through alot of abuse myself before I finally came to the point where I knew I needed help and that I couldn't do it alone. After all these years I did what I should done years aga...I dropped my image, reached out and asked for help... I was so full of hurt and pain, and just plain tired.

In January of 1987 I was accepted into the STEP Therapeutic Community at P.I.C.C. at first because I didn't know any other way but my way. So that meant being born agsin. All I really knew is that I was tired of my life the way it was and that I really wanted to change. At first I would go to the N.A. meetings and say nothing, by doing this there was no change in me and the meetings were a bore. I also attended group therapy in order to deal with myself because all my life I've been running from myself...I had gotten to the point that I thought I was put on this earth to be an addict, I really believed that I was trapped and there was no way out.

Since my involvement in the N.A. fellowship, I have found a way out and I can be free of this addiction. As long as I keep coming back...one day at a time and stick with the winners, I'll be a winner. Today I have real friends and I can go to a meeting and say look, " I have a problem can you help me?" I face my problems today and I'm not ashamed of asking for help. Today I can honestly say that I like Eddie. My relationship with my girl and my children is growing and it feels great. I realize that I have a long way to go, but if I continue to do what I'm doing one day at a time, I get better. And by the grace of God I will get better...I am a miracle.

Eddie O.

My mind wanders with wild
thoughts as I sit in my
cell.

I need to get to a meeting
Cause I have a message
to tell

My message will relate to
others, but to someone it'll
ring a bell.

Joseph E.

DEAR CLEANSHEET,

My name is Joseph and I am addict. I am now serving a four year sentence because of my drug addiction. While incarcerated I found out about N.A. at the Drug program at the P.I.C.C. prison and when I came to Graterford I met Roy and we started talking and found out that he had been clean. That is how I found out about the Cleansheet. I have been clean for a year and a half now. I need to talk to you N.A. members out ther in the world to help me stay strong.

Your Recovering Friend,
JOE

Where to Write!!!

Names	Address
Joseph Kearns Y-9395	1111 Altamont Blvd.
Steven Bell S-0537	Frackville, PA 17932
Roy Graham S-1005	
Seifuddin M.A. Simpson	P.O. Box 244
Y-8004	Graterford, PA 19426-0244
Joseph Johnson S-1321	
Russell Williams M-3257	
Steve Stevenson A-8098	P.I.C.C.
Ed Oberholtzer B-0374	8301 State Road
Joseph Trainor 88-10012	Phila., PA 19136
Kim Keys	1730 South Easton Rd.
	Doylestown, PA 18901

SHARE YOUR RECOVERY WITH SOMEONE WHO NEEDS YOU

7th Greater Philadelphia
Regional Convention of NA

MAKE CHECKS PAYABLE TO: 7th GPRCNA P.O. BOX 42628, PHILADELPHIA, PA 19101-2628



NAME _____ REGISTRATION & DANCES - \$15.00
 ADDRESS _____ BANQUET - \$25.00
 AMOUNT SENT \$ _____ BRUNCH - \$15.00
 CONFIRMATION # _____ TOTAL PACKAGE (ADVANCE) \$55.00
 TOTAL PACKAGE (AT DOOR) \$60.00
CUT-OFF DATE FOR PERSONAL CHECKS

JANUARY 13, 1989

(PLEASE COMPLETE FOR CONFIRMATION RETURNS)

NO ONE MAY ATTEND THE BANQUET AND/OR BRUNCH WITHOUT BEING REGISTERED

CUT-OFF DATE FOR PRE-REGISTRATION: FEBRUARY 1st, 1989



LOVE

Love is a friendship that has caught fire. It is quiet understanding, mutual confidence, caring, sharing and forgiving. It is loyalty through the good times and the bad.

It settles for less than perfection and makes allowances for weaknesses.

Love

Love is content with the present, it hopes for the future, and it doesn't brood over the past. It's the day-in day-out life problems, small disappointments, big victories and common goals.

Love

Love is- if you have love in your life it can make up for a great many things you lack. If you don't have it, no matter what else there is, it is not enough.

Love is what N.A. is about.....

Unsigned

Just For Today

Today is no better than our worst day an no worse than our best day. It's the expectations we put on our day that hurts us. When we accept that today is just another day do we find freedom. We addicts want things our way or no way. So when we or others can't live up to our expectations we feel hurt, hopeless or let down. When we learn to take what the day offers and do the will of our higher power we really begin our recovery. When the world around you crumbles remember it's the world around you that's crumbling and that you'll be ok if you stay in the moment. Pray for acceptance of your higher powers will. Learn from our mistakes in the day, don't down yourself for being human. Walk the walk and talk the talk and you'll be ok JUST FOR TODAY.

Steve B.

Dear Fellow Addicts,

My name is Steve S., I am a recovering addict involved in a drug program at PICC, Step Therapeutic Community. It's been seven months since I last picked up. Before, I came to the program, I use to isolate myself from everyone. I could't even sit in my own house to try and tell my mother and father how I feel. I would lock myself up when it came to dealing with my problems. I was living in my own prison, putting myself through hell. I use to think I was different. After, I did come to a real prison that's when I heard about the program. I was curious and decided to join. When I started talking to other addicts, I started feeling a little better about myself. Until I found my higher power, which is helping me on a day by day basis not to pick up, I realized, that by backing away from people who care and want to and want to help me get better would be a big mistake. Today, I have both feet in the program I share at meetings when I can, and help others just as they are helping me. I don't feel isolated or different anymore, cause I'm around people who care about me and want to see me get better. Just as I want to do the same for them. Just as long as, I don't pick up.

Steve S.

YESTERDAY & TODAY

Yesterday	I use to be weak
Today	I am strong
Yesterday	I used to take
Today	I can give
Yesterday	I use to hate
Today	I can love
Yesterday	I was sad
Today	I am happy
Yesterday	I was dirty
Today	I am clean
Yesterday	I was cruel
Today	I am kind
Yesterday	I wanted to die
Today	I want to live
Yesterday	I was stupid
Today	I am wise
Yesterday	I was high
Today	I am straight
Yesterday	I was a looser
Today	I am a winner

Tomorrow is based on my hope for a safe recovery beyond these walls.

Steve S.

DEAR CLEANSHEET,

First of all I would like to Thank you for putting my words in the Aug-Sept issue of the CLEANSHEET. I humbly thank you and all my N.A. brothers and sisters for the replies I have gotten, when my letter was printed the rest of my time spent at Graterford was like being at a meeting, and that tells me that I don't have to be alone, the fellowship does work. Because if any of my N.A. family knows about prison life one thing is for sure, B-block at Graterford is no joke. That's not the place to be if you want to stay clean. But for the grace of God and this fellowship I've made it through there "clean", for one day at a time I went through four months of pure pain, and did not have to touch anything not even an aspirin. That's because people like you cared and dropped me a line, I felt happy, needed, and wanted, I felt like I was or am a part of the fellowship. Again I thank you. Also I'm now at Frackville and the rest of my three years will be spent here. The fellowship still works, my old buddy Steve is here and was waiting for me at the door. All we had to do was take one look at each other and we knew we were both still clean. Yes, two addicts from different races are making it. hand in hand. Steve has shown me all the clean addicts at this prison. There is not many meetings but I'm sure with the N.A. fellowship, people who are kind enough to write, that we can make it. Cleansheet I humbly ask if you could put my Thank You to the N.A. fellowship in your next issue of the Clean sheet.

IT works trust me I'm working it,
Love,
Roy G.



YOU KNOW, I DON'T KNOW; YOU KNOW?

I gnu one morning, when I woke up
That I gnu nought.
I'd been fighting the program,
Know Higher Power sought.
I got on my knees and said "Help"
It works! You know?

Roger G.

OUR MESSAGE IS HOPE AND THE PROMISE
OF FREEDOM

HELP WANTED*CLEANSHEET
AREA REPRESENTATIVES FROM
BUCKS-MONT-RIVERFRONT-CLEAN ACRES
TYPIST* TREASURE*SECT*REPORTERS

ANNIVERSARIES

JULY

31st.....Steve S.....6 mons.

SEPTEMBER

28th.....Duan.....2 yrs.



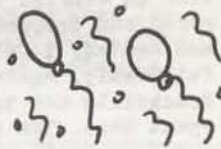
OCTOBER

- 1st.....Frank T.....6 mons.
- 3rd.....Alan K.....3 yrs.
- 6th.....John C.....1.5 yrs.
- 10th.....Holly.....2 yrs.
- 15th.....Carolyn B.....1 yr.
- 17th.....Nick B.....1 yr.
- 20th.....Monica J.....3 yrs.
- 25th.....Andrew J.....3 yrs.
- 25th.....Neil I.....2 yrs.
- 25th.....F. Ed B.....2 yrs.



NOVEMBER

- 1ST.....John G.....1 yr.
- 6th.....Reggie J.....9 mons.
- 9th.....Duke.....2 yrs.
- 26th.....Tom F.....2 yrs.



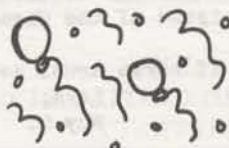
DECEMBER

- 5th.....Brenda.....6 mons.
- 6th.....Art P.....6 mons.
- 23rd.....Thomas M.....1 yr.
- 23rd.....Dan M.....1 yr.
- 19th.....Rock V.....2 yrs.
- 23rd.....Evelyn.....1 yr.



JANUARY

- 8th.....Lee-Anne.....1 yr.
- 9th.....Monica.....1 yr.
- 24th.....Daniel.....3 yrs.



I walked through the door
You welcomed me in
You said that recovery
comes from within
I found a chair
I earned my seat
I surrendered to my disease
I admitted defeat
My life was still unmanageable
It still is today
With the help of you people
I found a new way
I turn my will over
Every time that I pray
My faith in my God
Is in action today
You filled up a void
That ached inside me
The promise you made had set me free
You said there were no dues or fees
But little did I know
Narcotics Anonymous, You saved my life
You better believe. I owe

Diane M.
S.W.A.N.A.

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 1 YEARS WORTH TO:

(name)

(apt)

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(state)

(zip)

FOR GIFTS

(From if you wish)