

CLEAN SHEET

P.O. BOX 112
Sharon Hill, PA 19079

VOL. 2 NO. 4
FEB - MAR



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 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
- Tricia (215)361-0822
- Allen (302)995-1075
- Bob (215)860-9735

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

Bucks County Unity meets the first and third Tuesday of each month at Grace Luthern Church on Street Road in Warminster for more info; Joe G. 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

B&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.

**Missing 7 meetings
in 7 days
Makes one weak!**

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 lessons we sometimes learn in our recovery are sometimes bitter and painful. By helping others we find the reward of self respect, as we are able to share these lessons with other members of Narcotics Anonymous. We cannot deny other addicts their pain, but we can carry the message of hope that was given to us by fellow addicts in recovery.

THE
MONTH

N.A. Basic Text 4th edition

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



JUST SAY NO !!

When you are feeling down and out,
and the world seems against you; Remember,
drugs are not the thing to do;

JUST SAY NO !!

When your love life is in the pits,
and all you can do is scream and shout;
Remember, drugs are not the way out.

JUST SAY NO !!

When the road gets rough, and jobs
are few; the tough get going. Just say
no, drugs are not the way to go.

By
Charles F

Once upon a time there were two recovering
addicts named Doug and Mark. These two addicts
did everything together - meetings, conventions,
even flying hot air balloons on the weekends.
One day they made a promise to each other;
whomever passed away first would come back and
tell the other what heaven was like. Several
years later Doug wrapped his Mercedes Benz
around a tree, but he kept his promise. He
came back to visit Mark. Mark, after he
recovered from the shock, asked Doug what
heaven was like.

Drugless Douglas answered, "Mark, I have
some good news and some bad news. The good
news is that there are N.A. meetings in heaven,
and the bad news is that you're chairing next
Sunday's meeting."

Mikey R. S.W.A.N.A

This is a beginning of a new day. God has
given me this day to use as I will. I can
waste it or grow in it's light and be of
service to others. But what I do with today is
important because I have exchanged a day of my
life for it. When tomorrow comes, today will
be gone forever. I hope I will not forget the
price I paid for it....

unsigned

Higher Power who loves us all
Do not let our names for you separate us
Guide us through this day
Help us to accept thy will
Give us the strength to carry your message of
hope and the promise of freedom
Forgive our mistakes and teach us to forgive
others
Help us to remember the past, not dwell in it
Teach us to love ourselves so we may truly
love others
Give us the willingness to change
Help us to believe that together we can get
through all that comes our way
Help us to believe in the program of N.A.
Most of all remind us that all we have is
Today.

K.C.Back.....86

THANK YOU N.A.

When I didnt know I needed you
You were always there
When I had excuses for everything
Youd listen to me share
When I had nothing to offer
You said that I had me
When I hung on to all the pain
You said that I was free
When I didnt know what I was grateful for
You taught me how to pray
When I was overwhelmed by the future
You said to live for today
When I didnt know anybody
You said to pick up the phone
When I felt isolated and by myself
You said I wasnt alone
Today I know I need you
And youre still always there for me
Today I have something to offer
I give what was given to me
Today I grow through pain
I love living life with me
And the day that I surrendered
Was the day I was set free
My life is beyond my wildest dreams
My faith is in action today
Im not afraid of tomorrow
Because I live my best today
Ive allowed myself to get close to you
And youre as close as the telephone
And even when Im by myself
I dont feel alone
Thankyou, Narcotics Anonymous
For everything youve done
Today I am a winner
For today, Ive already won

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



LET ME HELP

The nicest words that you can hear are "LET ME HELP" from someone near. They'll matter more than "I LOVE YOU!" Whenever you are down or blue. Just knowing someone wants to share, can lift you out of your despair. Perhaps one day you'll have the chance at another's life to help enhance. Give back the care given to you. A burden's less when shared by two.

DOPE!!
 MAN
 OR
 WOMEN
 BLACK
 OR
 WHITE
 YOUNG
 OR
 OLD
 TRY ME ONCE
 AND LIKE A THEIF
 IN THE NIGHT
 I'LL STEAL YOUR
 SOUL.
 BY CHARLES F.

THROUGH N.A. NO WAY, NOT TODAY

You say you've something for me, why? you never had before,
 Me thinks the happiness and joy I've found, you want to close the door.
 You say this is the one I've searched for, and you're not going to make me pay.
 Well I don't believe you, but through N.A., no way, not today.

You see now that I have a choice, I know how you tricked me before,
 Today I'm not going to give you the chance, of closing my happy serene door.
 Again you say you've something for me, and I don't even have to pay,
 Well again, you'll not trick me this day, cause I have the answer, Through N.A., no way, not today.

You say you got for me some killer rock, well today I want to live,
 So you take your killer rock, and someone else you can give.
 So you really have nothing for me anymore, and today I'll continue to pray,
 Through N.A., No Way, Not Today.

Jimmy L.

CRACK

A little white rock, i, am nothing but waste, and bitter to taste.

I came to this city with destruction in mind, to tear down, ruin, and to kill, yes to kill some.

A future, don,t even think of it, I, am the captain of this ship.

My claim to fame is a cloud of gray smoke, where i offer little or no hope.

Like the devil in hell, body and soul you belong to me.

Your reward i offer none, I ride with the posse..... WATCH OUT HERE WE COME.

By Charles F

DEAR CLEANSHEET,

I pray this letter is received finding you as it leaves me here, enjoying our Father's blessing of good spiritual, mental, and physical health.

I am a grateful recovering addict who has been fellowshipping with N.A. since May 1986, I have been instrumental in starting a N.A. chapter here at Frackville prison which has only been open since April 87. We are struggling trying to get our N.A. chapter charter, we are also in need guest speakers and N.A. literature. My prayers are that someone in the N.A. fellowship will read this letter and be able to help us.

Charles Feaster f7104
 1111 Altamont Blvd,
 Frackville, PA 17931

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 Y-8004	P.O. Box 244 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



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

IT'S NOT TOO LATE

Sometimes it's truly unbelievable to me how lucky we are to be recovering addicts. We come from this seemingly hopeless, desperate, unthinkable condition of self that we alone can do nothing about it. Not even our loved ones, family or friends can help. But then through a miracle we find help. That miracle is God and that help is N.A. Then from this seemingly hopeless condition we find life again which is another miracle and often times dreams we never dreamed would come true, do come true. I'm so glad I didn't give up 5 minutes before the miracle happened. I love you God and N.A.

Thanks!!

My name is Eddie, and I am an addict. I thought that it was too late for me because I started to use drugs 18 years ago. During all of these years, it was nothing but trouble and pain.

At age 12. I was sent to reform school. When I got out my addiction progressed quickly. At this age I had done every drug you can name, except the big "R". It wasn't too many years before I got into that. As my habit got bigger, so did my problems. As I look back, I can't account for these 18 lost years. In those years I've had half of my stomach removed. I have been shot three times. One of my legs is now useless as I will be crippled for the rest of my life. I have been arrested 47 times. I could go on but I would like to talk about how it is today. In January, I will have been clean for one year. I have found my recovery through N.A. and the twelve step. God, whom I chose to call my higher power- led me to it. My life is much better today. The pain is gone. Today I can smile, and have clean fun. Today I have hope, and dreams. Today I am clean and my gratitude is given to N.A.

Eddie O.

ARE YOU CELEBRATING AN

ANNIVERSARY

30,60,90 days, 6,9months
 1 or more years. If so
 please get in contact with
 the Cleansheet representative
 in your area.



OCTOBER

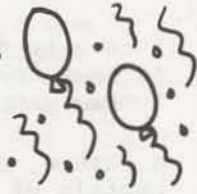
27th	Charlie P.	3 yrs.
28th	Tony B.	6 yrs.
27th	Vision of Hope Group	1 yr.

NOVEMBER

2nd Steve R. 4 yrs.

JANUARY

???? Eddie O. 1 yr.



FEBRUARY

2nd	Henry D.	7 yrs.
28th	Roger G.	1 yr.

MARCH

21st Janet K. 1 yr.



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 1 YEAR - 6 ISSUES
 \$4.00

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 Sharon Hill, PA 19079

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FOR GIFTS

(From if you wish)