

CLEANSHEET



GREATER PHILADELPHIA
REGION



VOL. 2 NO. 5

APR.-MAY

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 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

ANNOUNCEMENTS

REGION

The Regional Service Office is now open!
TIME: Saturday's 10 am to 3 pm. PLACE:
6182 Ridge Ave. Suite 201 Phila PA.

The 10th East Coast Convention of NA will be on June 23,24,25 1989 in Buffalo New York. For info call Howard C.(716)875-3420

BUCKS COUNTY

Bucks County Unity meets the first and third Tuesday of each month at Grace Lutheran Church on Street Road in Warminster For more info call Joe G at 639-0465

DELCO

PI meets every first and third Sunday 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.

The activity committee meets the first and third tuesday at Rosehill Community Center, Newcastle DE. For more 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

HSI meets the second Tuesday at 6 pm at 2055 Limestone Rd. Suite 113 and the last Saturday at St. Mathews Aud. at 12 pm Maryland and Boxwood RD. For more info call Sean at (302)798-3192 or John (302)654-3186

S.W.A.N.A. dances - March 11th and 25th
- 203 Old DuPont Rd. Elsmere DE(Wilm.)
- \$5.00 donation - call Mike I. (302)764-0151 or Allen T. (302)995-1075. Apm till 7&2

Helpline meets every 4th Saturday at St. Mathews Aud. 1 pm at Maryland ave. and Boxwood rd. For more info call Cathy at (302)322-7639

THOUGHT FOR THE MONTH

Everything that occurs in the course of N.A. service must be motivated by the desire to more successfully carry the message of recovery to the addict who still suffers. It was for this reason that we began this work. We must always remember that as individual members, groups and service committees, we are not and should never be in competition with each other. We work separately and together to help the newcomer and for our common good. We have learned, painfully, that internal strife cripples our Fellowship; it prevents us from providing the services necessary for growth.

It is our hope that this book will help the suffering addict find the solution that we found. Our purpose is to remain clean, just for today, and carry the message of recovery.

N.A. BASIC TEXT fifth edition page xvi

P.O. BOX 112-SHARON HILL,PA 19079



Dear CLEANSHEET

My name is Joey and I am still a recovering addicted person. I am serving time and still waiting to get more time, all this is because of drugs.

When I was first arrested, I was mad out of my mind and mad at the world. I was powerless and so far gone. I had a moment of sanity to stop and finally take a look at my life.

I took a good look and made a step into the drug program at the prison. Today I've been here for 7 months and I can honestly say that I am glad that I was arrested, because at the rate I was going, I was headed for death.

I have been learning and practicing the 12 steps and sharing every meeting and especially most of all I've been listening. I will be the first to admit today that I'm powerless over drugs.

I am a happy person for one who is behind walls and today that is okay, because I just let it be. I take it easy one day at a time. I let the man upstairs handle my problems.

Today I have a desire, an honest desire to stay clean, not a desire for drugs. With all of this, I would like to thank my Higher Power and the fellowship.

Thank You,
Joey

HI!

My name is Joe and I am a grateful recovering addict. I am presently incarcerated because of my past. I am also a resident at the S.T.E.P. Therapeutic Community where I was introduced to NA. NA has taught me that I don't have to live that life of pain anymore. Thanks to my Higher Power and NA I have a reason to live and I am getting better one day at a time. I would like to hear from others who share the message of life and hope as I do

Yours in loving service,
Joseph P.



WHERE TO WRITE



NAMES	ADDRESS
Joseph Kearns (Y-9395)	1111 Altamont Blvd,
Steven Bell (S-0357)	Frackville, PA 17932
Roy Graham (S-1005)	
David Mole (Y-5826)	
Frank McGrath (Y-6259)	
Seifuddin M.A.	P.O. Box 244
Simpson (y-8004)	Graterford, PA
Russell Williams (M-3257)	19426-0244
Steve Stevenson (A-8098)	P.I.C.C.
Ed Oberholtzer (B-0374)	8301 State Road
Joseph Trainor 88-10012	Phila., PA 19136
Joseph Engasser 8810012	
Joseph Pozzi (B-0233)	
Kim Keas	1730 South Easton Road
	Doylestown, PA 18901
Joseph Johnson (S-1321)	Drawer A Old Route 22
	Cresson, PA 16630-0010

SECOND CHANCE TO LIVE

Today I have a second chance
To learn to live and love and dance
To sing a tune, or take a walk
To sit with a friend, and honestly talk
To smell a rose or admire the sky
All this and more because today I'm not high

Sue D.

WHY N.A.?

I am a 27 year old recovering addict. For many years I felt alone and hopeless. I had no capacity to appreciate gifts, understand feelings or express myself and my pain.

As I have heard many times in the rooms of NA, A sequence of events brought me to my knees and subsequently to NA. I know now what I didn't know then; there are no coincidences. I have been in many places, some good some bad, but never in a place where I identified so completely with the people surrounding me. NA allows me to help and be helped, to serve and be served, and most of all allows me to be part of something special. Narcotics Anonymous has given me hope, and a little hope goes a long way. To all those who have helped me, and those who have let me help, I want to say thank you. Why NA? This fellowship is home, it is where I belong, and most of all it is where I choose to be.

Yours in service,
F. Edward B.

DAY BY DAY

I can look back at all the bad things I've done and I can say that I truly had fun then why am I here?
Why do I feel I'm filled with anger and fear?
Why did I like being mean and destructive?
Why can't I do a thing that is productive?
Why did I like being used and abused?
Why was I constantly being confused?
All these questions came about with my friend. My friend I thought could never bring me to an end.
That friend I thought wouldn't hurt me, instead, hurt me bad.
That friend was drugs and that makes me mad.
Drugs were my friend but they made me give up my fight.
I thought I had lost until I found the light. That light I found is where you are now recovering.
Finding new lifestyles, exploring, and discovering. You have two choices which are life and death.
But if you choose life and don't work please don't hold your breath.
Life for an addict won't be on a silver platter.
You must use these people and the program as your step ladder.
Things will go wrong and you won't get "your way"
Just remember one thing you have to take it "Day by Day"

Anne Marie P.

TOPIC FOR THE MONTH

THE 7TH TRADITION: MORE THAN JUST THE BASKET

Since, we have this newsletter, I thought it really should be used to share my experience, strength and hope with the group(The Greater Philadelphia Region).

I wanted to talk about the 7th tradition, because whenever I hear about it, people talk about money and money only. The 7th tradition states that "Every na group ought to be fully self-supporting, declining outside contributions."

I do believe that this does have something to do with money. When I was using I was not self-supporting. I lived off outside contributions. I begged, borrowed, and stole. For me in my personal recovery, I have managed to wean myself away from these and to become more self-supporting.

I believe that every NA group has a moral obligation to NA, as a whole, To be fully self-supporting. This means making AT LEAST a reasonable donation to the facility that your group is using and to make sure the meeting place is left better than we found it.

When we don't clean up our meeting place, somebody else does. Somebody else cleans up our mess and chances are that that person has more right to the facility than we do (they probably own it). They support us. Clean up after us. Then they tell us that we aren't taking care of the facility and we should turn in our keys. Wouldn't it be really embarrassing, if we couldn't account for all the keys that had been given to us?

Our fellowship also operates on service donated by our members. Nobody else. We are fully self-supporting .

If we don't practice the first step (Admit that we are powerless over the disease and admit unmanageability) and realize that we must then follow the traditions as a guide line to the fellowship, we will suffer. In my area, we had to move 5 meetings over a 2 month period because of our relationship with the facility we were using/abusing. When we use the traditions to manage our fellowship, we do not get managed by a power greater than ourselves outside our fellowship.

When we take care of our meeting place, we are welcome. WE do it. WE take care of our meeting place.

For those of you who say, "Yeah, well we ONLY pay \$10.00 a month for our meeting space. WE can just get another place to mess up." Maybe you should pay more rent, then perhaps you will care more about your meeting place. Besides what will you do when you've run out of places to abuse?

ANONYMITY IS THE SPIRITUAL FOUNDATION OF ALL OUR TRADITIONS, EVER REMINDING US TO PLACE PRINCIPLES BEFORE PERSONALITIES.

At first my understanding of anonymity was being nameless. I liked the fact that no one could expose me or my disease to the public.

After coming around for a couple years my understanding has changed greatly. I have learned and am still learning to place principles before personalities.

To me this means that an addict is an addict. We are not men or women. We are not classified by age, race, sexual identity, creed, religion, lack of religion, or physical limitations. As long as we focus on the ties that bind us together instead of those that would tear us apart all will be well.

I am a woman and my sponsor is a man. Some people do not approve of this. It does work for me. I have found the sponsor who I always wanted. Someone to listen to me. Someone to talk to me. Someone to help me live clean. My sponsor and I do things together. We are pals. We do things with other sponsorees of his. We use terms like "this is your uncle, aunt, second cousin twice removed." I became part of a family. I envied people when they shared about their sponsors. Today is different. What I have works for me. So please accept me as I am and do not judge me because I don't believe as you do. I still believe.

K.C. Back '89

Next Topic

THE THERAPEUTIC VALUE

I'm doing time here at Frackville, and I am do to be released in April of '89, after four years and let me tell you right up front "i'm terrified at all the insanity out there". I really believed my only hope of staying straight is through NA and I intend to make as many meetings as I can, but I'm totally in the dark as to what is happening in the world. Which, is why I'm asking for support from people now so I don't have to go out cold with no NA contacts.

Thanks,
Frank McGrath
(you may write to Frank thru our address section)

Gratitude

I have been given a feeling that I never knew
Because I was too busy comparing myself to you
I didn't want to work for things
I wanted every thing for free
I was so concerned about what I had and what was owed to me
Today I can appreciate myself and my friends too.
I am grateful for the things I have and the work I do!

Sue O.



ANNIVERSARIES

JANUARY

7th-Reggie J.-1yr.

FEBRUARY

1st-Larry F.-3 yrs. 5th-Lawerence W.-1 yr. ?-Gary K.-4 yrs. 25th-Steve R-2 yrs. 28th-Tony P.-1 yr.

MARCH

1st-Leroy M.-1 yr. 7th-Dorothy P.-5 yrs.-7th-Mark H.-4 yrs. 14th-Sam C.-2 yrs. 21st-Fran F.-4 yrs 22nd-John L.-1 yr.

APRIL

1st-James W.-3 yrs. 20th-Cathy S.-2 yrs. 26th-Mary M.-1 yr. 26th-Allen T.-2 yrs.

MAY

1st-FINK-3 yrs. 2nd-Brenda-3 yrs. 9th-Lisa J.-4yrs.

SUBSCRIBE

1YEAR-6 ISSUES-\$3.00

BULK SUBSCRIPTIONS

1 YR.-6 ISSUES 10 COPIES PER MONTH-\$8.00

1 YR.-6 ISSUES 20 COPIES PER MONTH-\$14.00

(NAME)

(APT)

(STREET)

(CITY)

(STATE)

(ZIP)

FOR GIFTS: SHORT MESSAGE

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SHARON HILL, PA 19079



HELPLINES



PENNSYLVANIA

Montgomery County
215-688-4730

Delco Area
215-534-9510

Phila. & Bucks County
215-934-3944

DELAWARE

New Castle County
302-429-8175

NEW JERSEY

609-886-9022