

CLEANSHEET



GREATER PHILADELPHIA
REGION



VOL. 3 NO. 1

AUG.-SEPT.

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

REGION

The Regional Service Office is now open!
Time: Saturday's 10am to 3pm. Place: 6282 Ridge Ave. Suite 201 Phila. PA.

BUCKS COUNTY

Bucks County unity committee meets the first and third Tuesday of each month at Grace Luthern Church on Street Road in Warminister. For more info call Joe G. at (215)533-0389. Monthly dances. Every third Friday 10pm to 2am. United Church of Christ New falls & Penn Valley Rds. For more info call Joe G. 533-0389 Jane 943-5758

PHILADELPHIA

Somerton needs support. Meets on Sunday at 7pm in St. Pauls Luthern Church at Bustleton & Tomlinson. Business meeting is the last Sunday of the month.

Phila Helpline

Chair Brenda E. 743-3727

Co-Chair Ray H. 548-3312

Public Information Committee for Phila Area meets at B.V.M. Church Old Bustleton and Welsh Rd. On the 2nd Sunday of Every month. All are welcome to attend. Contact Tom M. 322-0155 or Mick F. 739-5067.

New → Spanish Speaking meeting needs support. Juntos Podemos group of NA meets wednesday night 7pm at 2831 N.Hutchinson St. in Phila.

ANNOUNCEMENTS

DELCO

Delco activities has put together an activity summer schedule of events.

Aug. 13...Picnic at Garrison Lake, N.J.

Sept. 17...Trip to Inner Harbor, Baltimore, MD.

Oct. 28...Halloween Dance

Nov. 22...Thanksgiving Dance

H&I needs support. They meet the second Saturday of the month at 7pm at the HIPID West Chester Pike Upper Darby. Please call Leslie C. (215)449-8816.

PI meets every 1st and 3rd Sunday at the Christ Church on Sellers and Nevins Sts. in Ridley Park at 7pm. All are welcome. Literature Review meets every Thursday evening 7pm at Aldan Union Church Providence Rd. & Clifton Ave. Aldan Pa.

SWANA

The activity committee meets every Tuesday at Rosehill Community Center, New Castle DE. Call Mike I. (302)571-1118

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

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

THOUGHT FOR THE MONTH

The Fifth Step is the key to freedom. It allows us to live clean in the present. Sharing the exact nature of our wrongs sets us free to live. After taking a thorough Fourth Step, we deal with the contents of our inventory. We are told that if we keep these defects inside us, they will lead us back to using. Holding on to our past would eventually sicken us and keep us from taking part in our new way of life. If we are not honest when we take a fifth step, we will have the same negative results that dishonesty brought us in the past.

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



TO GET INVOLVED WITH THE CLEANSHEET CALL
 Sam C.*Clean Acres*215-696-4274
 Roger G.*Delco*215-352-4360
 Terri S.*Phila*215-745-5486
 Allen*Chair*302-995-1075
 Debbie*treasury*215-532-7113

SPECIAL NEEDS I could only imagine how an addict seeking recovery feels, who for some physical reason can not understand our message. I attended a Spanish speaking meeting at the Juntos Podemos Group on Wednesday at 2831 N. Hutchinson St. Phila (right off of Lehigh Ave. in between 8th & 9th). I speak and understand no Spanish. I was welcomed warmly as most N.A. meetings I attend. With the help of a translator I was able to get the gist of the meeting. I thank God that Hugs have no Language. I think that instead of spending our time shutting out addicts because of sexual identity or gender we should channel our energy into providing services such as translators. Everyone has a right to find recovery. Instead of closing our doors we should try to open them to as many addicts seeking recovery as possible no matter what their needs.

Once again thank you for being there for me. Please stop by and check out Juntos Podemos (Together We Can) on Wed. at 7pm at 2831 N. Hutchinson St. in Phila. No matter what Language you speak.

Yours in Loving Service, Deb F.

THE NEWCOMER IS THE MOST IMPORTANT PERSON AT ANY MEETING, BECAUSE WE CAN ONLY KEEP WHAT WE HAVE BY GIVING IT AWAY.



MARCH 23, 24 & 25, 1990
 FOR MORE INFORMATION CALL
 AL P. (215)732-2545 KIM (215)487-7838

FAMILY, FUN, FELLOWSHIP!

The annual picnic at Lemon Hill Park was a great success. There were over 1000 people in attendance. A live D.J. provided music and people were dancing everywhere. Children were running around with painted faces. There were something for everyone; Sports, Meetings, Dancing, Games, and lots of food.

I personally had a wonderful time. I was overwhelmed with the amount of recovering addicts. I was giving the hope that N.A. as a whole is a big not a small part of the world. I experienced the sharing and caring of N.A. Don't forget hugs were everywhere for everyone.

Thank you Inter City Area for providing N.A. with a splendid Memorial Day Picnic.

a trusted servant

I was incarcerated for 22 1/2 months. As, I look back on my incarceration, I can truly say my higher power saved me from the destruction I was heading into. I found the program inside the P.I.C.C. Got involved with the Step Therapeutic Community, which helped me alot, It really does give a person a new sense of direction. Got a high school diploma, SAT. painting certificate, writing certificate, and a Impact certificate, plus alot others. These are some of the gifts recovery gave me. Most of all, I was forgiven from my family, and have a better relationship with my higher power and a sponsor who has helped me a great deal, and is helping me go over the first 3 steps which, I feel are the most important part of my recovery. I attend meetings 7 days a week and am involved in a workshop with my sponsor. I have a chance to travel to a convention in the fall. Which I am looking forward to, have alot of friends who care. I also have a part-time job from the help of my sponsor. Life is great clean. As long as I share my real feelings at the meetings. No more hide and go seek drugs for me.

Thank You
 Steve S.

DEAR CLEANSHEET,

At this time I would like to extend my appreciation to the Staff and all those members of the "Fellowship" that have been Supportive of me since being introduced to my "new way of life" while incarcerated here at Graterford. Over the past two months I have been going out on furloughs and everyone has treated me better than people I dealt with in my time of suffering.

I have recieved mail as result of my name and adress being placed in the CLEANSHEET, therefore I suggest to others that seek sincere communication to reach out as I have and submit your name and adress.

As of July 25, 1989 my new adress will be Community Service Center. In closing I just want to say "we don't have to live like that any more".

All My Love
 Your Brother & Friend
 Seifuddin

TOPIC FOR THE MONTH

Special Interest Groups; "Live and Let Live"

I have been a recovering member of N.A. since January 1985. In that time I have met recovering addicts of all shapes, sizes, colors, attitudes and personalities. They have come to N.A. meetings for many different reasons, have stayed in N.A. meetings for even different reasons and left N.A. for the aforementioned reasons, and many others. But there is one common denominator, the desire to stop using as they understood that desire. Some members continued to use, deal, lie, cheat and steal while attending meetings. I should know because I was one of them. Fortunately, no one in the N.A. fellowship judged my lifestyle. If they had I might not be clean and serene today. In N.A. every member is entitled to a higher power and a recovery of his or her own choosing, as long as the 12 steps and traditions are the basis of that recovery.

I have read the steps and traditions numerous times, I have read the Basic Text just as frequently, in all this reading I have never encountered a reference to gay or lesbian recovery, lawyer or nurse recovery. But I have read about the symbol of N.A. The outer circle denotes a universal and total program that has room within it for all manifestations of recovering person. These manifestations include lifestyle, sex, profession and personal beliefs, among many others. Therefore I believe that the founders of our organization and fellowship considered that there might be recovering addicts with special interests and needs and provided for them. As long as the ties that bind us together are stronger than those that tear us apart, all will be well. We may have disagreements and differences of opinion on this topic. That is okay, as long as we don't become disagreeable. As long as we all understand that unity is a must in N.A., all will be well.

Larry B.

Next Topic

RECOVERY THROUGH SERVICE WORK

WE HAVE A DISEASE, BUT WE DO RECOVER

RECOVERING ADDICTS WHO DESIRE LETTERS

NAMES	ADDRESS
Joseph Kearns Y-9395 Steven Bell S-0357 Roy Graham S-1005 David MoleY-5816 Frank McGrath Y-6259	1111 altamont Blvd. Frackville, PA 17931
Seifuddin M.A. Simpson Y-8004	Community Service Center #4 1628 North 15th Street Phila, PA 19121
Russell Williams M-3257	P.O. Box 244 Graterford, Pa 19426-244
Joseph DiGiovani 88-10138 Ed Oberholtzer B-0374 Joseph Trainor 88-10012 Joseph Pozzi B-0233	P.I.C.C. 8301 State Rd. Phila., PA 19136
Steve Stevenson	3044 N. Arbor St Phila., PA 19134
Joseph Johnson S-1321	Drawer A Old Route 22 Cresson, PA 16630-0100

I'M YOUR RIDE

I just recently came into the fellowship and a miracle happened to me. I had hit my bottom and went into detox. My life was a shambles. I had messed up all my relationships including my family. So I stayed for a week in detox. The Saturday night before I was going to leave they had a N.A. meeting. I listened and I liked what I heard. So I talked to the chairperson afterwards. He asked me what I was going to do when I left detox. I said, "I'm going home to see my baby and wash some clothes". He told me to make a meeting on the way home at 10:00 am Sunday. So I did go to the meeting the next morning and everyone who shared really touched me in some way. That afternoon it was raining, I was afraid to drive my car, so I went home and I parked it. My mind started working then and I thought-"How am I going to get to another meeting tonight?" So I called the Hotline and I talked to a guy named Earl. Earl told me he would try to hook up a ride for me. He called George and George called me. He told me he lived in Delaware County and where I was in Southwest Philly would take him out of his way, but he said he was going to call someone who lived near me. So a little later a woman named Sarah called and told me to meet her around the corner from where I lived at 7:45. At 7:45 I walked up the street and turned the corner and saw my brother Steve standing there with a woman and another man. I had not seen or talked to him in close to 5 years. I thought, "What is he doing here? Something must be going wrong with my family." I said, "Steve, what are you doing here?" He said, "I'm your ride to N.A."

By Lynn S.



ANNIVERSARIES

JUNE
 9th Anne C. 5 yrs.
 12th Be W. 4 yrs.
 24th Paula 2 yrs.
 24th Brian F. 4 yrs.

JULY
 2nd Ron S. 5 yrs.
 13th Billy Y. 3 yrs.

AUGUST
 8th Dave S. 5 yrs.
 10th Matthew F. 1 yr.
 11th Mike P. 4 yrs.
 23rd Rocco 1 yr.

SEPTEMBER
 1st Steve S. 2 yrs.
 1st Dave P. 2 yrs.
 1st Babs 5 yrs.
 3rd Eddie F. 2 yrs.
 13th Jack C. 7 yrs.
 13th Brian W. 5 yrs.
 16th Deryk 1 yr.
 19th Lou 7 yrs.
 20th Eddie L. 7 yrs.
 25th Scott D. 8 yrs.
 Charlotte 5 yrs.

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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

CLEANSHEET
 P. O. BOX 112
 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