

CLEANSHEET



GREATER PHILADELPHIA
REGION



VOL. 3 NO. 2

OCT.-NOV.

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: 6182 Ridge Ave. Suite 201 Phila. PA. (215)483-5154

The RSO Board meets at the office the last Monday of the month at 8pm

BUCKS COUNTY

Bucks County unity committee meets the first and third Tuesday of each month at Grace Luthern Church on Street Road in Warrminster. 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 II. 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. Spanish Speaking meeting needs support. Juntos Podemos group of NA meets wednesday night 7pm at 2831 N.Hutchinson St. in Phila.

DELCO

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

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

Oct.28...Halloween Dance

Nov.22...Thanksgiving Dance

I&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.

PI meets every Tuesday at 5:30 pm at 2055 Limestone Rd. Stanton DE. For more info call Diane (302)798-8418

I&I meets the 4th Saturday at St. Mathews Aud. at 12pm Maryland and Boxwood Rd. For more info call John (302) 654-3186

TO GET INVOLVED WITH THE CLEANSHEET CALL

Sam C.*Clean Acres*215-696-4274

Roger G.*Delco*215-352-4360

Allen*Chair*302-652-3038

Debbie*treasury*215-532-7113

A
N
N
O
U
N
C
E
M
E
N
T
S

THOUGHT FOR THE MONTH

In Narcotics Anonymous, we rely on a loving God as He expresses Himself in group conscience, rather than on personal opinion or ego. By working the steps, we learn to depend on a Power greater than ourselves, and to this power for our group purposes. We must be constantly on guard that our decisions are truly an expression of God's will. There is often a vast difference between group conscience and group opinion, as dictated by powerful personalities or popularity. Some of our most painful growing experiences have come as a result of decisions made in the name of group conscience. True spiritual principles are never in conflict; they complement each other. The spiritual conscience of a group will never contradict any of our Traditions.

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



THROUGH PRINCIPLES
WE UNITE



IN PHILADELPHIA
8TH G.P.R.C.N.A.

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

They came! Over 1000 recovering addicts from Alaska to New York. They came in cars, on motor-cycles, in air planes, trains, buses and on foot. They arrived in Buffalo, New York on June 23, 24 & 25, a certain group of bikers even arrived a little early because their trusted leader got the dates wrong. But not to worry they spent the time soaking it up in a hot tub. Approximately 700 people attended the opening meeting on Friday. The speaker spoke of the importance of truth. The group I came with drove straight through. Upon arriving we were greeted by some sleepy but loving addict, who were spending the night picking up arrivals from the airport, one guy complained of his long 45 minute flight, and from train and bus depot. One addict told me a tale of bus to train to bus to train finally making it to Buffalo. Some bikers complained of stopping for or riding in the rain. In spite of the humid weather the weekend end up to be a caring and loving experience for all. A lot of hard work went into putting on this convention. So to 10th E.C.C.N.A. committee THANKS FOR A WONDERFUL TIME.

P.S. Of course everyone went to see the falls!

Question: What should I do if I am asked to give a presentation on or about Narcotics Anonymous?

Answer: It is suggested that all presentations about Narcotics Anonymous be turned over to the Public Information Sub-committee. The reason for this is to leave self will and ego out, to abide by the twelve traditions, and that no one individual or group represents Narcotics Anonymous as a whole. If you want to get involved, Please contact your Area/Regional Public Information Sub-committee.

Thank You,
Regional Public Information
Sub-committee

JUST FOR TODAY

Tell yourself-

JUST FOR TODAY my thoughts will be on my recovery, living and enjoying life without the use of drugs.

JUST FOR TODAY I will have faith in someone in N.A. WHO BELIEVES IN ME AND WANTS TO HELP ME IN MY RECOVERY.

JUST FOR TODAY I will have a program. I will try to follow it to the best of my ability.

JUST FOR TODAY through N.A. I will try to get a better perspective on my life.

JUST FOR TODAY I will be unafraid, my thoughts will be on my new associations, people who are not using and who have found a new way of life. So long as I follow that way, I have nothing to fear.

To: The Cleansheet Committee

Recently at our Group Conscience meeting, the issue of the Cleansheet was brought up for discussion. The discussion was quite lengthy and on a variety of topics. While most of our members were in favor of having some kind of Regional Newsletter, they also expressed a great disappointment with what the Cleansheet seems to have turned into. Rather than a Newsletter or even a Magazine, it appears to have become a format for poems with announcements thrown in. We don't believe this is what the Region had in mind when the Cleansheet was created.

We know that it is "Our Cleansheet" therefore it is "Our" responsibility. How can we expect your Committee or Editors to print what you don't have? The members of our Region are responsible for writing you articles which are suitable for publication. Have they? We are not really sure. A few members of our group have expressed a willingness to do this, and try to be part of a solution.

One of the reasons the Cleansheet was being discussed in our Group Conscience Meeting was that you recently published a Cleansheet in which you stated the next topic would be "Special Interest Meetings." As previously stated, we understand the Cleansheet needs support and our members to write articles, not just poems, to you for publication. However using a topic of obvious controversy to get support does not seem to be a spiritual solution problem. While the poems are nice and often creative, we would much rather hear about other members' lives and how their life has changed because of spiritual principles. Their experience, strength, and hope would be of more interest to us than their opinions or a controversial issue.

We are not really sure there is an "answer" to our questions, but felt that as a Group, we have a responsibility to write Cleansheet Committee and express our concerns.

In Loving Service,

The Start To Live Group

Dear Start to Live Group,

We thank you for your letter stating concerns about the Cleansheet. As recovering addicts, we feel that an honest sharing of one's views is much more productive than general muttering and non-directed complaining.

There are several points in your letter which we will address - you ask the question "Have the members of our region been writing articles suitable for publication?" We assure you that we print 99% of the articles submitted to us, only editing them to reflect N.A. language.

The "obviously controversial topic" of Special Interest Meetings that you refer to, and take issue with, is a topic which has been presented at the regional level. A motion passed the Greater Philadelphia Region that such meetings no longer be recognized - we merely sought to elicit feelings from the fellowship concerning this issue.

As to the members of your group who have expressed a willingness to write a few articles, we applaud their willingness. However, we would applaud louder and longer if they would actually submit such articles.

Sincerely,
The Cleansheet Committee

TOPIC FOR THE MONTH

RECOVERY THROUGH SERVICE

I am an addict who recently celebrated my 3rd year clean. During this time there have been both smooth and rough periods. A glance back revealed that most of the rough spots in recovery came when, outside of attendance at meetings, I was not involved. In the smooth times I was involved in service, in the steps and traditions, and in the fellowship. I've found that when I apply the steps and traditions to my life the desire to be of service to Narcotics Anonymous is with me. I asked an addict who is always happy how he stays that way. His reply was "He stays involved." I had to agree for when I am giving back to this program what was so freely given to me I'm pretty happy. There are so many ways to get involved in service that there's room for all who wish to serve, whether it's making coffee, H & I commitments, becoming an officer of a group or any of the many other things that keep the program available to us. I used to take for granted that meetings just "happened" until one had to fold because no one took the time to get involved. Service is not only a great tool of recovery but a necessary part of the program. Without one you don't have the other. Someone once asked me what recovery meant to me. "Freedom" was my answer. So that I may continue to enjoy the freedom I've found through N.A. I feel it is my duty to help this keep program alive for all of us in N.A. and for those who've yet to find us. Meetings help keep me clean, the steps and traditions help me to recover, and service allows me to enjoy both.

A thankful and grateful recovering addict by the name of Bill Y. Delco Area

Since my first day clean, I learned and experienced how important service work is to my recovery. Even before I was doing the 'right thing for the right reason', I was simply following direction because I was hurting so bad and was willing to do anything I was told to stay clean. Through following the direction of my sponsor and other addicts I respected, I "got involved". My first form of service work was emptying ashtray and throwing away coffee cups. Even this seemingly trivial and unimportant task helped me to feel needed and a part of. After a time being clean I had the opportunity to be a trusted servant on the group level and became treasurer for the group. My responsibility at that time was to be there every week and collect the money besides being there for the business meeting. I remember it was my first summer clean and the meeting was on a Sunday and at times I wasn't happy because I couldn't go out for the day because I had to be at this meeting but what I remember most is the time when I felt like and didn't because I knew I had to be there. This commitment not only kept me clean but taught me about responsibility, discipline, and being trusted. Eventually I reached a point in my recovery where I felt I had something to give and service work was a part of my recovery not only to keep me clean but because I truly wanted to give away the love that was given to me. Service work has always been and is an important part of my recovery but in no way have I received my recovery "through" service. If I didn't have a God of my understanding, a sponsor, a desire to work steps, read literature, make phone calls, etc... than I wouldn't have had the willingness to serve or have even known it would help me. I've experienced several areas of service work from group to regional level but throughout the years of recovery and all the levels of service the most rewarding service I've ever done for myself is reaching out to hug and welcome the newcomer.

Next Topic

The value of a home group

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 Dan Lens BA 78-79	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 16630-0010

DISCOVERY

Today I smiled, and all at once,
 Things didn't look so bad.
 Today I shared with someone else,
 A bit of hope I had.
 Today I sang a little song,
 And felt my heart grow light,
 And walked a happy little mile,
 With not a cloud in sight.
 Today I worked with what I had,
 and longed for nothing more,
 And what had seemed like only weeds,
 Where flowers at my door.
 Today I loved a little more,
 Complained a little less,
 And in the giving of myself,
 Forgot my weariness.



ANNIVERSARIES

JULY

9th Gary F. 7 yrs.
 11th Neil P. 30 days
 25th Drew A. 3 yrs.
 25th Bill C. 2 yrs.

SEPTEMBER

1st Sheldon 5 yrs.
 2nd Judy B. 2 yrs.
 3rd Trica M. 1 yr.
 4th Babs 5 yrs.
 9th Patti B. 2 yrs.
 22nd Jackie H. 1 yr.
 27th Steve S. 1 yr.

AUGUST

11th Brenda R. 3 yrs.
 20th Terry B. 5 yrs.
 ?? Denise 5 yrs.
 ?? Doreen 1 yr.
 29th Allison 5 yrs.

OCTOBER

1st Steve L. 9 mons.
 3rd Tom H. 2 yrs.
 4th Rick B. 2 yrs.
 8th Sean D. 4 yrs.
 22nd Gregory G. 1 yr.
 23rd Billy B. 1 yr.
 27th Bill D. 2 yrs.

SUBSCRIBE

1 YEAR-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



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



PENNSYLVANIA

CHESTER COUNTY
 215-344-3250

DELCO
 215-534-9510

MONTGO. COUNTY
 215-688-4730

PHILA & BUCKS
 215-934-3944

DELAWARE
 New Castle County
 302-429-8175

NEW JERSEY
 609-886-9022