

CLEANSHEET



GREATER PHILADELPHIA
REGION



VOL. 3 NO. 5

MAY-JUNE

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.

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THE CLEANSHEET COMMITTEE

REGION

The Regional Service Office is now open! Time: Tuesdays 6:30 till 9:30 pm. Place: 6182 Ridge Ave. Suite 201 Phila. PA. (215)483-5154

The RSO Board meets at the office the first 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 Warminster and the last Sunday of the month at St Lukes in Newtown. For more info call Chair Brian C. 672-9627 or Co-Chair Tricia A. 441-0654.

PHILADELPHIA

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.

DELCO

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.

INNER CITY

ASC meets the 2nd Saturday, 3:00pm at 25th & Lehigh Ave. Phila. Pa.

The Unity Committee meets before ASC in the same location. We are in need of support.

SWANA

The activity committee meets every Tuesday, 7:15pm at Rosehill Community Center, New Castle DE.

PI meets every Thursday, 5:30 pm at 2055 Limestone Rd suite 113. Stanton DE. For more info call Allen (302) 633-1075

H&I meets the 2nd Monday, 7pm at St. Patrick's Church 15th & King st. For more info call Fred (302) 456-0222

TO GET INVOLVED WITH THE CLEANSHEET CALL

Sam C. Clean Acres 215-696-4274

Roger G. Delco 215-352-4360

Laura L. SWANA 302-762-5060

Gregory Phila.

Bonnie Inner-City 215-549-5968

Allen Chair 302-633-1075

Debbie Secretary 215-532-7113

GET INVOLVED IN THE MEMORIAL DAY PICNIC

AT LEMON HILL. CALL FRANK W. @ 215-455-9122

ANNOUNCEMENTS

THOUGHT FOR THE MONTH

We find joy as we start to learn how to live by the principles of recovery. It is the joy of watching as a person two days clean says to a person with one day clean, "An addict alone is in bad company." It is the joy of watching a person who was struggling to make it suddenly, in the middle of helping another addict to stay clean, become able to find the words needed to carry the message of recovery.

Fifth Ed. Basic Text, Pg. 50, 4th Full Par.

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



Acceptance of Faith is Sanity!

NEXT TOPIC:

Anyone may join us regardless of age, race, sexual identity, creed, religion or lack of religion.

RECOVERING ADDICTS WHO DESIRE LETTERS

NAMES	ADDRESS
Dwayne Campbell AY-7096 Steven Bell S-0357 Roy Graham S-1005 David Moley-5816 Frank McGrath Y-6259 Ken Martus BB-6048	1111 Altamont Blvd. Frackville, PA 17931
Russell Williams M-3257 Dan Lens BA 78-79 Albert Wilson AF-8286	P.O. Box 244 Graterford, Pa 19426-244
Joseph DiGiovani S-88-10138 Ed Oberholtzer B-0374 Joseph Pozzi B0233	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
Joseph Trainor AS3025	S.C.I. Retreat Rd3, Box 500 Hunlock Creek, Pa. 18621

Faith in group principals, brings freedom for all addicts.

A Thought On Unity

When I first came into the rooms of this fellowship, there was one thing that jumped out at me as inconsistent with everyone "being the same." It seemed to me that as all joined together at the end of a meeting to say the Lord's prayer, there was a palpable air of anticipation as the phrase "give us this day..." approached. Then, (it seemed to me!) it became almost a shouting match to see who said strenght or bread louder.

Being a newcomer and on pretty shaky ground concerning anything, the only person I shared this feeling of inconsistency with my sponsor, who basically told me to cool it.

It's now a few twenty-four hours later, and I still get a feeling of disunity when I here recovering addicts asserting there individuality by being different in the recitation of the Lord's prayer. I deliberately haven't said if I say "bread" or "strenght" - but I do call for either World Service or any Administrative body of N.A. to consider this issue.

R.G. Delco Area

Our ends are always the same.

Addiction just took my best friend. Although he tried to hide himself under a blanket of self-destruction, I knew he could feel pain. He lived in misery, knowing he had a choice. He chose to stay sick. The selfishness of his disease took three others with him. It took a part of me too. I feel pain now. It hurts as excruciating pain does. It feels eternal, but I know time will lessen the pain. I know he is in a better place, finally free. I found freedom in N.A. Life is a privledge I earn by staying clean.

Laura

My life is so beautiful today
Learning how to live a new way
In the morning when I pray
I ask for guidance and love today
Today is today
Yesterday is gone
Tomorrow seems so far along
So today I'll pray, just for me
That I can always live
Drug Free

My H.P. hasen't opened the Doors of Heaven
to let me in!
But he opened the Gates of Hell to let
me out!

Danny
"Addict for life"

"A non-meeting goer is a person of Great faith!"

1. He has faith that our meetings will always be there for him, even though now - he doesn't go.
2. He has faith that someone will agree to be his sponsor when he finally gets around to asking - but, he never asks.
3. He has faith that all committies will function and go on, even if he never lifts his hand to help - and, he doesn't.
4. He has faith that the fellowship will always be there for him - but he is never there for us.

Now that fellow members ...
is a person of Great Faith!

Shari B.

I'm John and I'm an addict. I've been clean and recovering for 10 years. For the past few years I've been noticing something and I have finally decided that I need to raise some questions to the fellowship as a whole that have been baffling and bewildering me for some time. By now you must be wondering, "what is he talking about?" Well, here it is.

Ok, in our reading "How It Works," it states and stresses, "If you are like us, you know that one is too many and a thousand never enough. We put great emphasis on this, for we know that when we use drugs in any form, or substitute one for another, we release our addiction all over again." All right, this is a true and accurate statement in my opinion. Yet, directly following this is the paragraph dealing expressly with alcohol. **WHY?** I thought that we deal with the disease of addiction, not any specific substance. "We are people who must abstain from all drugs in order to recover."

That's enough on that question, but what about this? Since beginning the proses of recovery for myself I've seen few addicts relapse with alcohol. I realize alcohol is a drug and any relapse is serious and not to be taken lightly at all, it could kill us, and any one of us could at anytime, if we don't follow the suggestions of the N.A. program dildgently, use again, with any substance. I don't know about you, but I've noticed that more addicts relapses with pot than any other substance. I would guess about 80% of relapses physically begin with pot. What do you think? Is there any way we can stop this? I don't know, it seems kind of crazy to me to emphasize alcohol, when I see pot as the demolisher of many. Actually we shouldn't publish any literature which mentions one substance over another, but I think we can be aware of all substance abuse and try to relay to any and all newcomers and members in general the importance of complete abstinence from ALL DRUGS. No specifics.

I don't know! Can you help me with this mind bender?

Thank You,
Yours in love & fellowship
John
S.W.A.N.A.

THE NEWCOMER IS THE MOST IMPORTANT PERSON

Dear Cleansheet,

I just want to say something about this month's topic. I have been coming around for a few 24 hours now and I feel, as a lot of other people do, that the newcomer is the most important person at any meeting.

This is something that I noticed in a few meetings; they don't let the newcomer share. I feel that this is not the right thing to do at a meeting. There are some people who talk about recovery, but you hear them say, "If this is your first meeting or if you used today, sit there and listen and after the meeting get with somebody to talk to." I personally believe that if you are at your first meeting or if you used, you should be able to share at any meeting you are at.

I would like to know where in our Basic Text does it say that you can't share at a meeting if you picked up. I myself have relapsed quite a few times since I have been coming around in these rooms. I know that if I have used on any given day, I have the right to share at any meeting I attend and if I'm told I'm not allowed to share, I will tell them about themselves and share anyway.

I choose at this point not to mention any specific area or group. I just hope that this attitude at some meetings in question doesn't scare away anyone seeking recovery.

In closing, I would like to say to those in question that their attitude towards the newcomer sucks and that they should get with their sponsor on this issue and go over the Traditions of N.A.

The newcomer is the most important person at any meeting and should be allowed to share his pain at group level. Remember this one fact that you can only keep what you have by giving it away. So, remember, just keep coming back; it works if you work it, and just stay in today and you will have a good chance of arresting this disease of addiction. Take it one day at a time and get yourself a sponsor to help you with the Twelve Spiritual Principles of N.A. and to work them in every area of your life today.

Thanks for listening,
Powerless

Dear Family,

I'm a recovering addict. I would like to express my gratitude for all the work you've done to make the Cleansheet available to me. Like some other things, I just sort of take it for granted; it will always be here for me. I used to think and feel others would do all the writing, etc. That was until my sponsor pointed out gratitude was an action. I'm taking action.

I want to share about a "very special" person. This person can be so frightened or scared they cannot speak or move. Or it's a person so confused they "appear" to look normal. This person may act as if everything's ok and even answer "fine" when we put the question to them, "How are you today?"

Perhaps it someone like me, so full of anger when I came to N.A. that people could actually feel my negativity. Needless to say, I didn't attract lots of other addicts. But, there were those who made an extra effort to make me feel comfortable and more at ease. It only took one or two. If you haven't guessed so far, shame on you. I'm talking about our most valued asset, the most important person at any meeting, the newcomer. You know, those special people who walk in and ask, "Is this an N.A. meeting?" I myself am a newcomer. I've been experiencing some joy and have come to the conclusion it's because in the last month I've been making an extra effort to welcome the newcomer. I try and help them understand that although it may seem like an alien landscape, Narcotics Anonymous is common ground for anyone who suffers from the horror of active addiction. I tell them we at N.A. have only one message, and that is; One day at a time, we never have to use again. If it works for me, it can work for you. Through a loving god, as each of us understands him, we've found a place where we can meet and fulfill our primary purpose. We've found a place where freedom exists.

I explain, as members of N.A. we have no expectations and put no condition on anyone or anything. come and go as you please and don't do anything you don't want to. All you have to do is keep coming back and experience the miracle. In time you'll learn the N.A. way of life. Just keep coming for now. In that minute it took me to welcome the newcomer, I've achieved my ultimate goal, freedom from me. I'm a person who has sat in the rooms so full of fear and so consumed by self, I thought I would die. It was those special people who welcomed me that kept me coming around. I may be the first impression of N.A. a newcomer will see. There's only one requirement and that is simply a desire. A desire to stop the hurting and pain of active addiction. That's it. It really makes all the difference in the world. I've been told, "You're the only one who came up to me and showed concern." I tell them, it only takes one. One addict helping another is without parallel. You really can't put a value on that. It's the most important service in N.A. It is a service which can accomplish a feeling of love and warmth. A show of concern for someone who feels as out of place as a duck out of a pond. It really works. It can be the difference between life and death.

Sometimes, friends and conversations can wait five minutes. If I've welcomed a newcomer today, I've done the greatest service I can do for N.A. It's so simple, yet such an elusive task. If you haven't welcomed a newcomer yet, you don't know what you're missing. They're easy to spot, if you don't hear them speak, they probably have a white or orange key chain dangling from somewhere on their body. I'm still selfish and extremely self-centered but getting better.

Loving Service
Nameless

P.S. In the spirit of anonymity and an over-inflated ego I shall remain nameless. Credit goes to my H.P. Thanks so much.

Love Ya



JANUARY
 20th Paul Z. 10yrs.
FEBRUARY
 2nd Henry D. 8yrs.
 10th Charlie H. 1yr.
 12th Mark P. 3yrs.
 14th Dan B. 2yrs.
 16th Lawrence W. 2yrs.
 17th Mike R. 3yrs.
 20th Sat. Mt. Alive 2yrs.
 21st Billy R. 2yrs.
 23rd Vanessa J. 1yr.
 23rd Bob V. 2yrs.
 25th Chris F. 3mo.
 25th Theresa 2yrs.
 28th Roger 2yrs.
MARCH
 1st Doug P. 3yrs.
 7th Dorothy R. 6yrs.
 16th Rob R. 1yr.
 16th Rich H. 5yrs.
 17th Bill D. 1yr.
 21st Fran F. 5yrs.
 21st Janet K. 2yrs.
 22nd John L. 2yrs.
 23rd Lionel H. 1yr.
 25th Steve R. 3yrs.
 27th Mary C. 3yrs.

HAPPY
 BIRTHDAY

APRIL
 1st James W. 4yrs.
 3rd Dotli C. 1yr.
 4th Paul W. 9mos.
 6th Ernie E. 3yrs.
 9th Kim S. 6mos.
 14th Kathy 2yrs.
 18th Deborah B. 6mos.
 22nd Denise B. 4yrs.
 26th Allen T. 3yrs.

MAY
 1st Debbie F. 5yrs.
 2nd Brenda I. 4yrs.
 4th Paul 4yrs.
 8th Tim W. 1yr.
 10th Mark B. 6yrs.
 10th Victor C. 6mos.
 12th Diane E. 4yrs.
 13th Tawanda D. 1yr.
 20th Kathy G. 3yrs.

JUNE
 2nd Joanne B. 5yrs.

HAVING A N.A. BIRTHDAY?
 WHY NOT SEND IT TO US SO WE CAN CELEBRATE!
 OR CALL ALLEN T. AT (302) 633-1075
 IT WITH A MESSAGE. THANK YOU.

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FOR GIFTS: SHORT MESSAGE

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 SHARON HILL, PA 19079



HELPLINES



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