

# CLEANSHEET



GREATER PHILADELPHIA  
REGION



VOL. 4 NO. 2

1991

NOV. - Dec.

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

## THOUGHT FOR THE MONTH

Writing about what we want, what we are asking for, what we get, and sharing this with our sponsor or another trusted person helps us to work through our negative feelings. Letting others share their experience with us gives us hope that it does get better. It seems that being powerless is a huge stumbling block. When a need arises for us to admit our powerlessness, we may first look for ways to exert power against it. After exhausting these ways, we begin sharing with others, and we find hope. Attending meetings daily, living a day at a time, and reading literature seems to send our mental attitude back toward the positive. Willingness to try what has worked for others is vital. Even when we feel that we don't want to attend, meetings are a source of strength and hope for us.

It is important to share our feelings of wanting to use drugs. It is amazing how often newcomers think that it is really abnormal for a drug addict to want to use. When we feel the old urges come over us, we think there must be something wrong with us, and that other people in Narcotics Anonymous couldn't possibly understand.

It is important to remember that the desire to use will pass. We never have to use again, no matter how we feel. All feelings will eventually pass.

The progression of recovery is a continuous, uphill journey. Without effort we start the downhill run again. The progression of the disease is an ongoing process, even during abstinence.

We come here powerless, and the power that we seek comes to us through other people in Narcotics Anonymous, but we must reach out for it... A symptom of our disease is alienation, and honest sharing will free us to recover.

Can You Find This Quote?  
Pick Up the Fifth Edition of our book!



### The Prayer That Changed My Life

My Higher Power I found was the way  
 Since I began to believe in the people of N.A.  
 When I first went, I thought no one would care  
 Then they stood and said the Serenity Prayer  
 It meant so much I started to cry  
 No longer, no longer I wanted to die  
 Simple words those four little lines  
 They gave me the strength to START to feel fine  
 No even a week since I last got high  
 I was ready and willing to kiss it all goodbye  
 I'll read this prayer everyday  
 Thank you, thank you members of N.A.

Tony L  
 8-18-91  
 Claymont, DE

### "Principles"

Going down this long dusty road  
 Dust collecting on my clothes.  
 Pieces of my travels to carry with me  
 An outward sign of my experiences  
 Sometimes it seems more dust collects  
     on the outside  
 than knowledge collects on the inside.  
 But it's all chalked up to experience.  
 People see my clothes  
 And know I've traveled far  
 Can't they see it in my face ----  
     everything I've gained from it?  
 Can't they see how much I've grown?  
 My old clothes don't fit me anymore ---  
 they're too small, torn and falling off  
 I'm trying to throw them away  
 Please don't ask me to wear them anymore.

By: Rachel  
 9-15-91

As I write this on the spot, I fill the space  
 that was filled not.  
 I thank NA for all the hugs, a sponsor,  
 a life, and freedom from drugs.  
 I belong! I belong to a group (or they to me!)  
 I found a place where I belong!  
 These are a few of the things that were said  
 To help me get the message going to my head.  
 "You don't have to hurt! You don't have to hate!"  
 "You don't have to be trapped! You can be free!"  
 (Maybe these people know better than ME?!?!?)  
 Hurt? Hate? Trapped? Free? If you're talking to  
 someone, it's probably not me!  
 (I'm not like you. I'm different.)  
 Somehow I listened and came, but felt stupid.  
 Thanks for the hugs and unconditional love.  
 They kept me around - to hear about (me) you,  
 to share my joy, my pain - to carry me through.  
 Several seasons down the road, I share around  
 here (and how much lesser my load!)  
 Today ToDAY Today - I have something to give  
 to that scared newcomer (who may not live)  
 The disease is fatal. I've seen it destroy.  
 We kill IT by caring and sharing. Selflessly.  
 I am an addict. I have something to give.  
 Selflessly. (thNAks SWANA)

### Soft Is The Heart Of A Child... Embrace It

Eyes, soft and blue  
 What do they see?  
 Love and trust so new  
 Lots of pain caused by thee

Looking up from that ominous view  
 We appear unreachable,  
 Untouchable and askew.  
 Where is the truth?

To misuse and abuse  
 Our innocent youths  
 Our past may haunt us  
 But today we can choose.

A new way of life  
 It's never too late  
 Eyes, soft and blue  
 Time for love, no more hate!

Pat K.





Topic of the Month

I've often heard, yeah - I know we have a symbol but I don't really understand it, nor does it mean much to me. Well, I've an analogy which brings the symbol to life for me on a daily basis which I'd like to share with you.

First, picture the "base of goodwill" as being the fact that you have entered an NA meeting and are standing on the floor. It took some goodwill to get you this far! Now picture four invisible walls surrounding you (as an addict this should be no problem!) but in this case these are built of your relation with a H.P., to self, for service, and within society. If you are working your STEPS, SPONSOR and HOME GROUP all the walls will be sturdy and be able to support the roof which is known to us as "the point of freedom". With this in mind no matter where we go our program comes along with us as an invisible fortress against the rain from "people, places, and things". If you keep up strong walls and "live within our symbol" ALL WILL BE WELL.

Bill B.

Bucks Co./Pure&Simple Areas

A relapse is not a sign of total failure, but one of a need for a more rigorous application of the program and a greater surrender.

"One of the major points is that addiction is the cunning enemy of life. The recovering addict is the ultimate weapon against addiction. Hence we are each tools or messengers to save each others asses!"

Mike R.

Reprinted from past issue of  
The CLEANSHEET

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

# 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 E. S.W.A.N.A.

Reprinted from past issue

## N.A. READERS WRITE

There was a cartoon here,  
it concerned newcomers  
being "hit on",  
we couldn't find a way to make it funny.

Reprinted from Together We Can  
(Newsletter of the Freestate Region)



HAPPY  
BIRTHDAY

Sean D.	Oct. 8	6 yrs
Shannon B.	Oct. 10	1 yr.
Sabina K.	Oct. 10	1 yr.
Tracey	Oct. 20	1 yr.
Darcy	Nov. 6	30 days
Sara A.	Nov. 14	3 yrs
Bill J.	Nov. 22	9 mo.
Jim G.	Nov. 25	3 yrs
Richard D.	Nov. 26	2 yrs
Walt N.	Dec. 23	4 yrs
Reggie J.	Jan	4 yrs
Richard H.	Jan. 29	5 yrs
Sue A.	Jan. 29	8 yrs

Jack be nimble  
 Jack be quick  
 Jack didn't work the steps  
 So he stayed sick  
 -Moondoggie

# CLEANSHEET

c/o GPRSO  
 6212 RIDGE AVENUE  
 PHILADELPHIA, PA 19127

**CLEANSHEET COMMITTEE NEEDS SUPPORT!**  
 Cleansheet meets with the GPR Unity Committee.  
 Next meetings are at noon on Saturday of the GPRSC weekend.

**WANTED: NA members to write original articles, poems, poetry, etc... for The Cleansheet!**

Have your NA birthday included in the next Cleansheet!