

# CLEANSHEET



GREATER PHILADELPHIA  
REGION



VOL.4 NO.3

1992



JAN.-FEB.

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!

Inner City Area- Down Payment on Life is celebrating their third anniversary at the Hersch Recreation Center, 5th & Allegheny Ave. in North Philadelphia, February 24, 1992. Doors open at 5.. Meeting Starts at 6

Montco Area- Unity Activities Committee meets on the fourth Sunday 11:00 Temple Ambler Campus, Bright Hall.

### Recovering Addicts Who Desire Letters

Name

Russell Williams  
A-M-3257

Address

Box 244  
Graterford PA 19426

## THOUGHT FOR THE MONTH

The purpose of the Twelve Steps of Narcotics Anonymous becomes clear as we find that dependence on a Higher Power, as we each understand It, brings self-respect and self-reliance. We know that we are neither superior nor inferior to anyone; our real value lies in being ourselves. Freedom, with responsibility for ourselves and our actions, appears to be foremost in our lives. We keep and expand freedom through daily practice; this is the creative action that never ends. Goodwill, of course, is the beginning of all spiritual growth. It leads to affection and love in all our actions. These three goals, **freedom, creative action, and goodwill** when shown in service in the Fellowship, without seeking personal rewards, bring about changes whose ends we cannot predict or control. Therefore, service is also a Power greater than we, and has significant meaning for all.



## A MESSAGE OF HOPE

This is my story, A message of truth,  
 Listen real well, my words are my proof.  
 A life with no purpose except living to use,  
 Can only be measured by the values you lose.

Indifference and Depression are terrible things,  
 Those are the only rewards that drugs will bring.  
 You will burn all your bridges,  
     hurt all you love,  
 You lie and you steal, you push and you shove.

You destroy your reputation and of course  
     your good name,  
 And selling your soul is all part of the game.  
 Soon you will no longer reason nor care,  
 All that will matter is for the drugs  
     to be there.

Now you have lost all your dignity and  
     self respect,  
 You beg and manipulate, what's next to expect?  
 Life is unmanageable, your promises just talk,  
 It's a life of insanity, a road too long to walk.

No one trusts you. You trust none.  
 You better get honest. Drugs ain't much fun.  
 Some drugs are physical,  
     others the mind may need,  
 This is the compulsion and obsession you feed.

You say tomorrow you'll turn over a new leaf,  
 But again all you find is more drugs  
     and more grief.  
 When you look in the mirror and see  
     all that pain,  
 Don't turn to the drugs they won't help stand  
     the strain.

Please, DON'T take that first drug  
     or get that first thrill,  
 That one that you search for may be  
     the one that will kill.  
 This poem I have lived though

not with great pride,  
 I remember all the pain, how often I cried.

Stripped of my dignity, my health, and my will,  
     My bottom was low, my feelings were nil.  
 No matter how high, all I felt was despair,  
     Until I heard a fellow addict,  
                     the story he shared.

I wanted what he had, love, happiness, and joy,  
 Today I believe life is too precious to destroy.  
     He shared his experiences, his hopes,  
                     his unconditional love,  
     This helped me put my faith in  
                     a Higher Power above.

I pray each day that he guides me along,  
 To that spiritual place where I know I belong.  
     Today I have a choice to live or to die,  
     My choice is life without drugs to get high.

I can walk with my head up,  
     no feeling of shame,  
 Still the greatest rewards I have yet to claim.  
 Living my life without chemicals sounds strange,  
 But Just For Today I am willing to change.

At last I am free, a better life I may lead,  
 Honesty, Openmindedness, and Willingness  
                     is all that I need.  
 I too will share my experience, strength and hope,  
 This is the primary purpose of the Fellowship  
                     I know,  
     Being there for another addict is one way  
                     we grow.

The road to recovery leads to a  
     promise of freedom,  
 This I believe is my Spiritual Kingdom.  
 I accept life on life's terms, "Just For Today",  
 Active addiction is far to high a  
     price to pay....

By Dorothy F.  
 A Grateful Recovering Addict  
 December 30th, 1990





# HAPPY N.A. BIRTHDAY

## SIX MONTHS

VALESKI R. DEC 10 (ICA)  
 KEVIN B. DEC 26 (ICA)  
 LONNIE B. JAN 6 (ICA)

## NINE MONTHS

DARRYL R. JAN 4 (ICA)  
 STEVE G. FEB 28 (ICA)  
 ANDREW FEB 29

## ONE YEAR

JACKIE P DEC 4  
 PIERRE J DEC 11 (ICA)  
 GARNELL B DEC 22 (ICA)  
 ROB A JAN 14 (ICA)  
 KARL D FEB 20 (ICA)

## EIGHTEEN MONTHS

DON T. DEC 29  
 NEIL JAN 9

## TWO YEARS

SHARU S. NOV 7 (ICA)  
 RICHARD D. NOV 26  
 VERNON W. DEC 28 (ICA)  
 FRED H. FEB 15  
 BETTYE J. FEB 19 (ICA)  
 DEBORAH I. FEB 23 (ICA)

## THREE YEARS

DARRYL L NOV 1 (ICA)  
 SARA A. NOV 14  
 JIM G. NOV 25  
 JOE B. DEC 3  
 ROY T. DEC 6 (ICA)  
 NIK C. JAN 28  
 LEVI FEB 26 (ICA)

## FOUR YEARS

TOM D. NOV 17  
 WINNIE P. DEC 6  
 VIVIAN J. DEC  
 RAY C. DEC 15  
 WILLIS D. DEC 18 (ICA)  
 WALT N. DEC 23  
 REGGIE J. JAN  
 RONNIE JAN 20  
 DWAYNE C. FEB 15 (ICA)

## FIVE YEARS

JEFFERY I. DEC 24 (ICA)  
 HUGHIE JAN 13  
 RICHIE JAN 20  
 RICHARD H. JAN 29  
 MIKE R. FEB 18  
 DOUG P. MAR 01

## SIX YEARS

STEVE H. FEB 13 (ICA)

## EIGHT YEARS

SUE A. JAN 29

## TEN YEARS

HENRY D. FEB 2

Have your anniversary included in the  
 Cleansheet! Send it to The Cleansheet,  
 c/o GPRSO, 6212 Ridge Ave.,  
 Philadelphia, Pennsylvania 19127.  
 We recognize all keychain & medallion  
 lengths of time. KCB!





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## GOD'S BLESSING TO ME...

God looked down and apond me bless, he said  
I'll take you out this mess. If you stay still I'll  
show the way for you to live for day to day.  
The pain be gone you need no more and love  
replace for I adore, the little girl you hold so  
dear I'll erase all of her fears she'll be safe I  
have to say love and live the

N.A. Way.....

TO LOVE ONES SELF IS A BLESSING  
TO KNOW ONES SELF IS A MIRACLE  
TO HAVE GOD IS TO HAVE THE  
BLESSING  
OF A MIRACLE!!!.....

ANISE M.

## GRATITUDE SPEAKS FOR IT'S SELF

I'm focused now, I remember the  
pain, it wasn't long ago. It took away my  
smile, my hopes, my dreams and brought me  
to my knees, today I know I am an addict,  
who suffers from a disease. Somehow I'm  
starting to see the light, God has Blessed me,  
for sure. I've chosen another way to live life,  
I don't hurt myself anymore. Anyone with  
desire to change, can have the same as me.  
Being just clean isn't sufficient enough, I'm  
learning how to get Recovery

Your Spritual Sister,  
Vonitta W.

P.S. Thanks to my Heavenly Father, for all of  
you in N.A. Without all of you, I wouldn't  
exist. Love & Respect.

## With Confidence:

Confidence is what we need to keep us going  
in the right direction, with confidence we can  
reach any positive destiny we want. We can  
achieve goals we thought we couldn't. With  
confidence lfe can be meaningful, happy,  
secure, and sane. With confidence we can  
admit our wrongs and rights and learn from  
them. With confidence in ourselves we can  
have trust in our higher-power, trust in our  
peers and others for whatever is right.  
Confidence in ourselves is all we need. For  
what lies in ourselves is what affects us.

We hurt with pain;  
We cry and complain;  
Oh! But what we can achieve;  
If only we believe;  
That the fearless fear  
Will no longer be near  
and the risen of our self-esteem  
can be true and not just a dream;  
But it's not just luck,  
if we don't stay stuck;  
It's living life with Confidence!

By Laura H.

Thanks to everyone for all the great  
input this month. The editors  
couldn't quite figure out what to do  
with it all, and the logical conclusion  
was to save it for the next issue!  
Please continue to send in the great  
input!

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