

CLEANSHEET



GREATER PHILADELPHIA
REGION



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The CLEANSHEET is a function of 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.

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THE CLEANSHEET COMMITTEE.

Editorial Policy For The Regional Clean Sheet

It is our belief that the clean sheet should be used as an open forum to discuss our concerns within the region and the fellowship as a whole. It with this goal in mind that we invite the fellowship to provide their input on what they see as important issues within our fellowship. We feel that the Clean Sheet is valid forum for exposing our fears and our prejudices, not to mention our concerns with the course that this region and the fellowship has taken. It is in the belief that in exposing our defects and shortcomings that we find ourselves living in the solution.

In loving service,


the Regional Unity / Clean Sheet Committee

THOUGHT FOR THE MONTH

... We have learned that it is okay to not know all the answers, for then we are teachable and can learn to live our new life successfully.

Open-mindedness without willingness, however, will get us nowhere. We must be willing to do whatever is necessary to recover. We never know when the time will come when we must put forth all the effort and strength we have just to stay clean.

Honesty, open-mindedness, and willingness work hand in hand. The lack of one of these principles in our personal program can lead to relapse, and will certainly make recovery difficult and painful when it could be simple.



A Letter to The Fellowship

As a concerned member of Narcotics Anonymous and the Greater Philadelphia Region, it is my feeling that there are glaring prejudices that we as a fellowship need to address. After Having become involved in service on different levels within the region I am perceiving an us and them mentality that is hindering THE WE from fulfilling our primary purpose. I am talking about a fellowship that is becoming more and more like two distinct fellowships, one Black and one White. The first step talks about reservations robbing THE WE of the benefits that this program has to offer and that only when we rid ourselves of all reservations that we surrender to the program of Narcotics Anonymous. I believe that if we cannot look beyond the color or sexual orientation of another addict then we are harboring reservations that cheat THE WE of the benefits of this program. The steps teach us the importance of trying to understand and forgive other people in order for THE WE to grow spiritually. The steps teach us also the importance of exposing our defects of character and our shortcomings so that they may die in the light of exposure. Feelings have been raised because of the recent convention fiasco and inevitable breakup of the Inner City Area into smaller areas and possibly into a separate region. No one is expressing their feelings outright but after listening to people it is clear that lines have been drawn based on color, fear of the unknown and disinformation. We need to have an open dialogue and come to an understanding that both Black and White have stolen from the convention and that it is a shortcoming on all our parts. We need to understand that one of the reasons this region was not given the opportunity to host the World Convention was the racial division within the region on both sides. People in the Inner City need to let the rest of the region know that they feel alienated and feel the need for their own representation on all levels of service. We need to expose our fears and our concerns so that We may together find a solution to our problems. We need to **DROP THE PERSONALITIES AND FOCUS ON THE PRINCIPLES**, the spiritual principles that were given to us by a caring and loving God.

with Hope for the Future,
an Addict





WHY ASK WHY...?

Why is it that when WE bring up the subject of RACISM in the fellowship WE don't want to talk about it ?...

Why do WE say that WE can never CHANGE when WE know it's about CHANGE ?...

Why can't WE admit that there is a problem when HONESTY is so important to RECOVERY ?...

Why do WE try to be so close minded when WE know that OPEN MINDEDNESS is essential to SPIRITUAL GROWTH ?...

Why are WE so unwilling to look inside OURSELVES and face the fear that tears us apart, when WILLINGNESS is the KEY ?...

Why if WE are suppose to focus on the SIMILARITIES, WE can only see the differences ?...

Why if WE know that WE NEED EACH OTHER WE push each other away ?...

Why if PERSONAL RECOVERY depends on N.A. UNITY, WE try so hard to be disunified ?...

Why if it's JUST FOR TODAY WE still carry resentments from yesterday ?...

Why can't WE LET GO AND LET GOD ?...

MAYBE WE can find the COURAGE TO CHANGE if WE look inside OURSELVES.....

LOVE COUPLED WITH RESPECT FOR ONE ANOTHER BRINGS FORTH HEALING.....

UNITY....TOGETHER.....

HAPPY N.A. BIRTHDAY

		JUNE			JULY		
APRIL		1st	Rick H	2yrs	6th	Steve B	4yrs
	27th Willie R	13th	Tommy J	1yr.	9th	Gary F	10yrs
	27th Eugene B	19th	Clem	2yrs	12th	Dan L	5yrs
		21st	Steve H	5yrs	21st	James J	3yrs
MAY		23rd	Morgan H	2yrs	28th	Shawn M	1yr.
	11th Morgan D					Clean Sheet	5yrs
	13th Dominck B	AUGUST					
	18th Mona B	4th	Samir T	5yrs			
		6th	Avon	2yrs			



CLEANSHEET

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Sojourn

We travel the journey not
alone
a presence guides us to where
unknown
one step at a time, one day
at a time.

Life's journey is just begun
though fraught with obstacles
and darkness
life surrounds us guiding our
way.

With the love of good friends
we meet
along the way, the
arduousness of
the journey is kept at bay.

With willingness all things
are possible
journey's now can be made
forge ahead be not afraid.

Mustang Tom M.

"The Road To Recovery"

Time for me to finally let it
all go.

To much time has already gone
I know.

It's time for me to just
leave it alone.

Time for me to start out
again on my own.

Not to leave behind the ones
I love.

But for me to spread my wings
and soar above.

Find the peace within to get
out of my own way.

Find the strength for me to
stay.

Clean and sober for just this
one day.

Try and pace my
Take sometime to watch the
pedals unfurl.

Give it up and get out of the
fast lane.

Slow it down before I go
insane.

Do it for me instead of
someone else,

Find the love inside I have
for myself,

Gain the blessing of a
greater wealth.

No more shall I escape to a
place that's no good.

I am going to try to live my
life the way I know I could.

On the rocky road to
recovery,

May I find myself in the
discovery.

Tommy J.
Jan '92