

CLEANSHEET

"As long as the ties that bind us together are stronger than those that would tear us apart, all will be well."



GREATER
PHILADELPHIA
REGION



VOLUME 6 ISSUE 7

DECEMBER/JANUARY 1993

"INTERIM FUNDRAISING COMMITTEE"

We The Interim Fundraising Committee are a group of addicts elected by our respective areas to repay the debt owed to Temple University from the 13th East Coast Convention. The Convention was held on Temple's campus, June 19-21, 1992. We would like to state that upon investigation the debt incurred to Temple was due to lack of participation and not mismanagement. The committee first met on April 20, 1993 at 16th Girard Avenue under the direction of the Inner City Area. The ICA set up an adhoc committee to look into repaying the debt of \$10,387.70 owed to Temple University. After all the information was gathered and reported the committee dissolved. Since then representatives from existing areas,, which where formally apart of the Inner City Area at the time of the convention have been elected by their areas to serve on what we know today as "The Interim Fundraising Committee of NA."

The representatives report on a monthly basis to their respective areas. The representatives are directly responsible to the following areas: Inner City, Northwest, Pyramid of Freedom, South Phila., West and Southwest Phila. Area of NA. The representatives from these areas make up the "Interim Fundraising Committee."

The activities scheduled by the committee are designed to enhance recovery, provide entertainment, as well as generate the necessary funds needed to repay the debt with Temple. Our first fundraiser was a basketball tournament held on July 10, 1993, and it was a success. Since then the committee has put on several successful fundraisers. After fundraisers, area, and group donations, as of October 26, 1993 the committee has given Temple University \$4,050.00. This makes our current balance \$6,337.70.

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The Cleansheet is a function of the Greater Philadelphia Regional Service Committee. The primary purpose is to carry the written message of recovery to addicts seeking recovery, to promote unity and to provide our members with new. The opinions expressed herein are those of individual members of Narcotics Anonymous and Do Not Necessarily represent those of Narcotics Anonymous as a whole. All material becomes the property of the Cleansheet. All material must be original and be accompanied by the permission slip on the back.

INTERIM FUNDRAISING COMMITTEE

(con't from front page)

We believe that with the continued support from addicts all over that the unity that our traditions talks about will truly come to life. Not only will this committee repay the debt owed to Temple University, it will also clear and uphold the "NA" name as a whole. Anyone that wants to participate or have any questions, we meet every Thursday from 6:30 to 9pm at 8th and Synder (Hudson Center).

Respectfully Submitted,
Interim Fundraising Committee of NA

RECOVERY

WHAT ARE WE DOING IT FOR?

From Bottom Line, the Gold Coast area newsletter: When I first came to the fellowship of NA, I wanted to be separate from others. I didn't feel equal to others; I was either better than or less than you. As I continued to attend meetings, got into service at the group level, and shared my experience, strength, and hope, I saw how much I was like other addicts in the program. I saw that I had many of the same problems and assets they did. I found out that I was a part of the whole. Though much of life and spritual outlook has changed since that first day clean, one component has not: participation in recovery.

Every morning I say a prayer consisting of the first three steps. During the day I do mental Tenth Steps to keep my ego in check. When I get home from work, I decide what part of my program I can work on before the day is over: go to a meeting, write on a step, call my

sponsor, do service work, etc. Every day of my life needs to be focused on my recovery. Seriously, with good humor! Because I'm not always so fortunate as to keep my eye on the prize. Reality and life still rolls on. When I don't keep my focus on the recovery part of my life, all the other parts become magnified out of proportion.

I was talking to a friend in the program about working the Third Step. He talked of how it was a process and how the end result was less important than the process. "Trust the process," he said, "and continue to participate in your program."

For him that meant following through on all he did in his program, like staying for the whole meeting, staying up late to work with a new sponsee, staying on the phone an extra minute, keeping his commitments to others, and finishing the step in front of him!

I've made a lot of mistakes in my recovery. I have come to see them as lessons of living. Others I still make and need to work on with my Higher Power's loving help. I find more resistance in myself as I go deeper into my defects of character. Sometimes I don't trust the process because of fear. That's when I pray for the courage to live through today and the power to carry out the demands of my recovery. My spritual goal today is to be happy, joyous, and free. I haven't heard that in a while. How about you? May the blessings be.

Anonymous

WE ARE SORRY --WE ARE SORRY--

SEE ANNIVERSARIES ON PAGE 4

COURAGE

"Our newly found faith serves as a firm foundation for courage in the future." Basic Text, p93.

When I came into this fellowship, all of you were saying, "grant me the serenity to accept the things I cannot change courage to change the things I can." After staying here, I found out about this courage we speak about. The things we have to face that will be painful, dangerous and difficult. I now know that I don't have to use and if I do use, I lose. I have a choice today with a Higher Power in my life. I call on Him for strength and I am no longer myself. Using this courage to call someone to let them know of my thoughts of using. Courage not to act on those thoughts, to own up to my wrongs, and no longer blame you. Courage to be responsible for my recovery, and exposing it in meetings. Meanwhile the disease is telling me not to expose me.

I mixed up my anniversary dates and some people who cared about me pulled me up on it. I did not want to let you know that I was confused and made an honest mistake for fear that you would judge me. In the same thought, I was already judging myself.

In the "Just For Today" p316, it talks about "a courageous addict is one who doesn't use, one day at a time, no matter what." Some days it takes courage to talk about me, do some work on me, to use these principles that I am incorporating in my life. At times I want to act like I don't even know them. Courage comes in degrees for me. At first, I needed the courage to stop using the drugs. Today it's the courage to live life on life terms without using the drugs or any substitutes. This doesn't make

life a bowl of cherries. Realizing that I'm living on the strength and courage from my Higher Power, it's easier to swallow.

Bobbie

PHONELINES

PHILA & BUCKS COUNTY

(215) 934-3944

CHESTER COUNTY

(215)344-3250

DELAWARE COUNTY

(215) 534-9510

LACKAWANNA COUNTY

(717) 963-0728

MONTGOMERY COUNTY

(215) 496-2826

WILKES-BARRE

(717) 283-0828

OUTSIDE WILKES-BARRE

1(800)464-4010

DELAWARE

(302) 429-8175

NEW JERSEY

1(800)992-0401



WORD SEARCH

F H S R E Y A R P O W E W S R
O O I H I T W I Y L H L I S E
U M H G U I D T P A O T L E L
N E P O H N S E L F W I L L A
D G H D P E E M I P A I R T
A R S U N R R C R A U E N B I
S O A O O B V P I E P G G W O
P U H E D S I T O V N M N O N
E P O N F E C O U W R I E P S
T R A D I T I O N S B E S B H
S U R R E N D E R A C R S P I
F R E E D R E M O C W E N O P

1. FEAR
2. GOD
3. GUILT
4. HIGHER POWER
5. HOMEGROUP
6. HONESTY
7. HOPE
8. HOW
9. NEWCOMER
10. POWERLESS
11. PRAYER
12. RELATIONSHIP
13. SELF WILL
14. SERENITY
15. SERVICE
16. STEPS
17. SURRENDER
18. TRADITIONS
19. WILLINGNESS

ANNIVERSARIES

We apologize for missing the following anniversaries:

Veronica B.	9-27	2 yrs
Robert A.	9-01	2 yrs
Robert H.	8-05	1 yr
Rena M.	8-20	3 yrs

Elena	10-16	6 yrs
James H.	10-25	14yrs
Norma	10-26	2 yrs
Vince	11-04	2 yrs
Demetra	11-04	4 yrs
Clyde	11-14	1 yr
Phyllis	11-26	5 yrs
Peggy	12-01	2 yrs
Ali	12-08	9 mos
Debbie	12-10	5 yrs
Jerry	12-10	2 yrs
Gilbert	12-10	4 yrs
Sam	12-18	6 yrs
Donna	01-02	2 yrs
Michelle	01-03	3 yrs
Siefuddin	01-08	4 yrs
Barbara	01-09	2 yrs
Nasi	01-26	3 yrs

EVENTS

New Beginnings Group
will celebrate their 6th Anniversary, Sunday, Dec. 19th; Doors open 9 am, meeting starts 10 am; 13th & Fitzwater Sts

Committment to Recovery
Monday, Dec. 20th; Doors open 6:30 pm; Meeting starts 7:30 pm
Hahnemann Hospital

MEETINGS

New Meeting

Need Not Die Group

Saturday mornings, 10am - 12noon
We The People Building; 425 S. Broad St

South Phila Cleansheet Sub-Committee

Meets 2nd Tuesday of every month; 8:30pm 1600 S. Ringgold

ATTENTION!!! ATTENTION!!!

All area unity chairs please contact ASAP: Walt Bryant
5943 N 10th St
Phila, PA 19141
215-924-5637

***THE REGIONAL UNITY CALENDER OF NA EVENTS NEEDS AREA INPUT**

CLEANSHEET PERMISSION SLIP



By signing this slip I am giving the Cleansheet permission to print the enclosed original material. I understand that the Cleansheet may edit at the discretion of the Cleansheet Committee.

name of submitted work: _____

signature: _____ date: _____

please enclose this form with all submissions

FREEDOM TO CHANGE

WHATS NEW AT THE REGIONAL SERVICE OFFICE

12 CONCEPTS OF N.A. SERVICE
HARD COVER GIFT EDITION JUST FOR TODAY
LIMITED EDITION IT WORKS HOW AND WHY
BASIC TEXT AND PAMPHLETS ON TAPE
THE N.A. WAY MAGAZINE

TRI-PLATE MEDALLIONS
BI-PLATE MEDALLIONS YRS 1-21
MEDALLION HOLDERS
BOTH NECKLACES AND KEYCHAINS
IN BOTH SILVER AND GOLD

LITERATURE IN SPANISH
N.A. TWELTH STEP CARDS
NEW PAMPHLET** IN TIMES OF ILLNESS
VARIOUS SPEAKER TAPES

*The Cleansheet needs the participation of it's readers.
Share your experience, strength and hope on any topic related to
your recovery or the N.A. program. Send your articles, artwork,
comments or suggestions to:*



*Cleansheet
C/O*



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