



GREATER PHILADELPHIA REGION

# CLEANSHEET

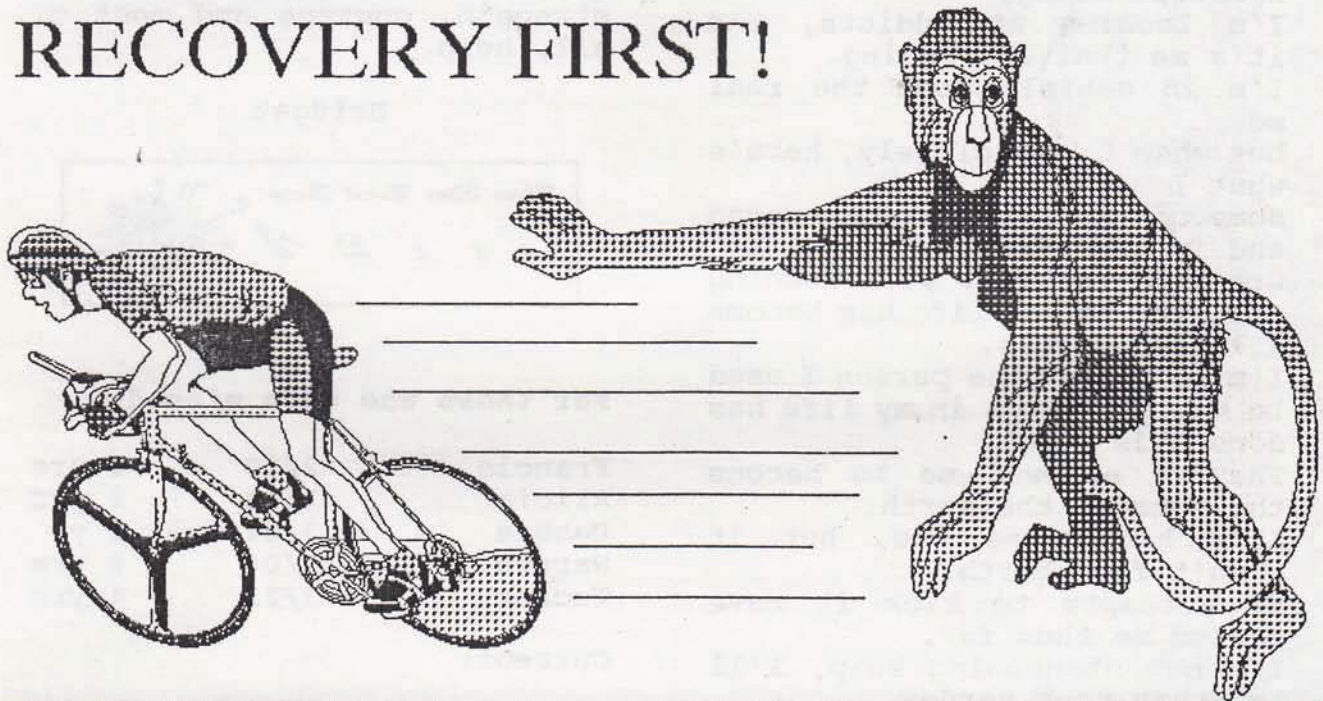


VOLUME 1 ISSUE 3

APRIL/MAY 1994

12 steps keeps you just ahead of that monkey !

## RECOVERY FIRST!



WHAT'S WRONG WITH *This Picture?*



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 news. 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.



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"Me"

When I look in the mirror,  
what do I see?  
A shell of the person I used to  
be...  
Used and abused and taken for  
granted,  
I'm not the seed that God  
planted.  
I'm desolate, alone and full of  
rage,  
Alien from the world, when I  
should engage, in making myself  
a useful being,  
I'm looking at addicts, and  
it's me that I'm seeing.  
I'm in denial about the real  
me,  
but when I look closely, here's  
what I see,  
Someone lost, someone scared  
and full of greed,  
Greed for a life, with meaning  
and purpose, my life has become  
a living circus.  
I'm no longer the person I used  
to be, the drugs in my life has  
done this to me.  
They've allowed me to become  
the scum of the earth.  
It's become me now, but it  
wasn't from birth.  
My attempts to kick it have  
failed me thus far,  
I'm not abandoning ship, I'll  
try that much harder,  
Until I look and one day see,  
the person in the mirror,  
I love her, she's me.

Colette

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"FAITH IN A HIGHER POWER"

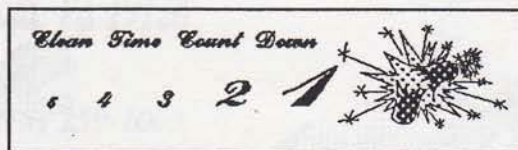
The process of letting go  
is hard and it hurts. Knowing

that you need to let go and  
move on with your life, at that  
time just seems next to  
impossible. All you want to do  
is hold on to whatever it is.  
This is where we resist change.

Dear God,

Please help me to let go.  
I realize that I need to stop  
holding on. I don't want to let  
go, I fear being alone. I know  
that as long as I trust and  
believe in you I will be okay.  
So, now I am asking for faith,  
strength, courage and most of  
all, help.

Bridget



For those who were missed:

Francis	2/10	4 yrs
Alicia	2/12	2 yrs
Debbie	3/04	1 yr
Warren	3/04	2 yrs
Tucker	3/22	4 yrs

Current:

Charolette	4/14	3 yrs
Ed t.	5/05	4 yrs
Stuart J.	5/23	1 yr
Buddy	5/26	4 yrs

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The debt to Temple University  
is finally paid !! Thanks to  
the Interim Fundraising  
Committee and the dedicated  
addicts who worked their butts  
off to make it happen.









**God's Will For Us 3rd Anniversary**

Thursday, Apr. 14th; 24th & Dickinson Sts; Doors open at 6:00 pm.

**God Has A Plan For Us 12 hr Mini Marathon**

Sunday, Apr. 17th; 20th & Christian Sts.; St. Charles; From 10 am until 10 pm.

**Surrender Together 6th Anniversary**

Wednesday, May 4th; 22nd & Manton Sts.; Doors open at 5:30 pm, Meeting starts at 6:30 pm.

**Surrender Together Marathon**

Friday, May 27th, 5 pm to Saturday, May 28th, 5:00 pm; 22nd & Manton Sts.

**ANNOUNCEMENT**

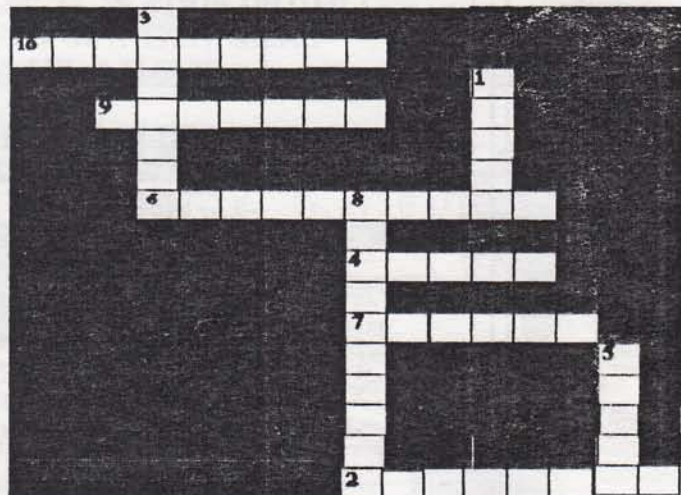
**South Phila Cleansheet Sub-Committee, Public Information Policy Sub-Committee**

Now meets 12 noon on the 3rd Saturday of each month before Area at 7th & Snyder Avenue. Ford Recreation Center.

**WORD CLUES**

- 1) Pg.54 We face the world together
- 2) The ability to face problems is Pg.53.
- 3) The Fifth Step is the key to Pg.30.
- 4) The twelve steps of recovery are the Pg.162.
- 5) We are Pg.76 forced into relapse.
- 6) Pain can be a Pg.29 factor in recovery.
- 7) The Seventh Step is an Pg.35 step.
- 8) Our Pg.72 is that we are successes in our own right.
- 9) Anger is our action to our present Pg.94.
- 10) In recovery, we experience Pg.83 growth.

**NA CROSSWORD**



Answers are found in Basic Text on pages indicated.(prepared by Bobbie)



*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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**WHAT'S 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**