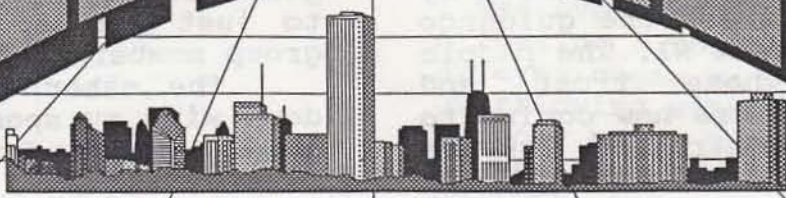
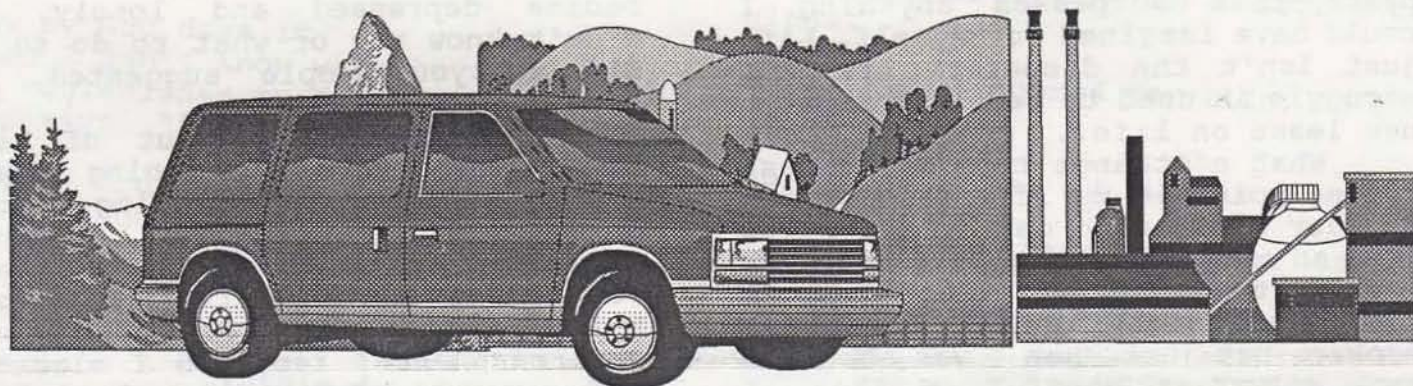


# CLEANSHEET



VOLUME 1 ISSUE 4

JUNE/JULY 1994



*Recovery is a Journey!*



We can't keep you  
informed if there is  
no news to print!

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We need **SUPPORT.**

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 in this issue.



## DRIFTING

Soon, very soon I will be celebrating 5 yrs of continuous clean time and I couldn't be happier. The dreams I held onto for so many years are coming true one by one thanks to God and the guidance of the fellowship of NA. The people in my life whose trust and confidence I lost are now coming to me with love and admiration. They've even began to seek me out for advice. WOW! I just can't believe it. When I am practicing the steps and traditions in my life, I feel this incredible strength and inner peace that surpasses anything I could have imagined for myself. Life just isn't the desperate, futile, struggle it used to be. Talk about a new lease on life..

What a strange turn of events! At one point in my life time passed so very slow, each day of using was like an eternity lived over and over again. It was truly a vicious cycle that I thought could never be broken, but just when I was about to grab the last handful of rope, I heard, "a message of hope and a promise of freedom," and my life was truly changed forever. That message and promise from Narcotics Anonymous was a God sent. Now the weeks pass like days. I hardly have time to do the things I need to do.

Ya know - after 5 yrs, I still have problems. I mean, just because my life is better the problems didn't stop. They keep on coming. As a matter of fact with the new responsibilities I have assumed, there comes new problems. Not only are there new responsibilities with their problems, but there are some old neglected responsibilities and their problems, too.

What I'm trying to say here is that, I have finally got a handle on life. A handle that I'd still be searching for if not for NA. I am indeed grateful and consider myself blessed beyond measure.

However, keeping pace with a

productive life can take you out of step with recovery, if you don't stay vigilante, and that's frightening. I've gone from making a meeting everyday (sometimes 2 or 3 times a day) to once a week. I've gone from active home group member to just another name on the home group member list.

The other day I actually sat down with my sponsor and we talked about recovery for the first time in almost a year. As we talked, I recalled very clearly my first year of recovery, very near the date of my first anniversary. I began to experience fear and anxiety. I became depressed and lonely. I didn't know why or what to do so I did as you people suggested, I called my sponsor.

The first thing out of his mouth was, "Are you doing what you're supposed to be doing." You know, making meetings, reading literature, talking to other recovering addicts, that kind of thing? Well - to my surprise and embarrassment I realized I slacked off somewhat. I had just landed a new job, and I was livin' it up. Traveling, buying, dating, you name it. Well, It all had to end. I stopped going to New York every weekend and started attending meetings here. I was back on track in no time. That was my first experience with drifting away from recovery.

That was over 3 yrs ago and now I find myself in similar circumstances. Well- it's very clear in my mind what comes next!

That lesson I learned almost four years ago must be pulled out and dusted off. It's time to use it again. Next time I'll keep that lesson cleaned, dusted and ready.

Don't sleep or you will drift away from your recovery!

An addict,  
D.E.W.



## How My God Does It

How my God does it  
I do not know.  
Invisibly showing me  
Which way to go.

How my God does it  
When I'm filled with fear.  
He somehow shows me  
He is near.

How my God does it  
When I feel I don't have a friend.  
He pulls me closer  
And tells me on Him I can depend.

How my God does it  
When I don't know what to do.  
He replenishes my faith  
And says, "I'll do it for you."

How my God does it  
When I don't know right from left.  
He calmly whispers softly  
And does for me what I can't do  
For myself.

Cynthia F.

### Letting Go

Why is it so hard-  
To let go?  
The answer to this question-  
I do not know.  
Is it because of what I feel inside  
or because of fear, ego and pride.  
I know I'm powerless  
And I feel the pain  
But I want what I want.  
It's you I want to change.  
Doing the same things  
over and over again.  
Expecting different results  
Hoping to win.  
Why is it so hard to let go?  
The answer to this question  
I may soon know.  
Its simple what I must do,  
Have faith in my Higher Power,  
Surrendering, even by the hour.  
Then-I can let go of you.

Cynthia F.

## The Glass Bottle

I was sitting in my room,  
Suddenly, my life was filled with  
gloom.

I was overcome with deep pain.  
A feeling I couldn't explain.  
My eyes began to fill with tears  
Overflowing with distress and fear.  
My body began to shake and heave.  
A feeling of doom I could not  
believe.

My thoughts immediately turned to my  
mate.  
Is it the marriage that I hate?  
A feeling of living in a bottle of  
glass.

A feeling of doomed for life, Oh God  
it can't last!

I know I loved him in the past.  
So why do I feel my life is a bottle  
of glass?

This feeling made me want to be  
free.

So that I can live my life and be  
me.

Every day I wear a mask, trying hard  
to complete the wifely task.

I want to leave.

I can't breathe.

I want out of this bottle of glass.

God, please help me before I crash.

Strengthen me, give me faith, I  
pray.

I know that you will - If I just get  
out of your way.

### Anonymous

Being naive is a terrible  
thing, it causes all kinds of chaos,  
bring forth much turmoil and causing  
anger and hatred.

#### On the other hand!

Being persceptive is a  
beautiful thing, it brings forth  
inner harmony, allowing the change  
to benefit us, with knowledge and  
wisdom. Most of all it brings forth  
love for God, and love for one  
another. Let's begin to live joyous,  
happy and free.

Love & Respect, Bridget





**NJRCNA Convention**

Friday, June 10th to Sunday, June 12th; Cherry Hill Hyatt, Rt. 70 at Cuthbert Blvd., Cherry Hill, NJ  
**Infor:**

Regist	Tom D.	908-725-0870
	Michelle K.	908-541-1836
Conven	Larry B.	908-442-4679
Travel	Elwood D.	908-739-5569
Progrm	Barry G.	609-743-1306

**Serenity On 63rd Street & Miracles on 63rd Street Anniversary and Marathon**

Friday, June 10th 7:00pm to Saturday, June 11th 7:00pm. Anniversary begins, Sat., June 11th at 7:00pm to 10:00pm. St. Carthage Church 63rd St. and Cedar Ave.

**Recovery In The Park, W.S.W., Recovery In Francisville, I.C.A., Starlight, I.C.A., & Surrender Together, S.P. 48 Hour Marathon**  
 June 17th, 18th and 19th; Friday 8pm til Sunday 8pm. Parkside Evans Rec. Center; 53rd and Parkside Avenue.

**WCNA XXIV**

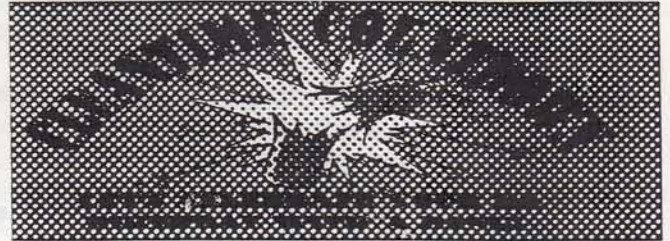
September 1, 2, 3, 4, 1994; Baltimore Convention Center, Baltimore, Maryland  
**For infor:** 818-997-8579

**ANNOUNCEMENT**

**Jericho D & A Unit at Graterford State Prison**  
 Needs support from the local NA community in terms of literature.  
**Contact:** Bart Schutzbank #BT-1188  
 c/o S.C.I. - Graterford  
 Box #244  
 Graterford, PA 19426

**Surrender Together**

Wednesday and Saturday meetings will move June 4th. Wednesday meeting will be held: St. Charles Skating Rink, 20th & Christian Sts. 6:30pm. Saturday meeting will be held: Grace Memorial Church, 19th & Annin Sts. 6:30pm



**For those missed:**

Jack	4-20	7 yrs
Ed T.	5-03	4 yrs
Denise	5-07	1 yr
Connie J.	5-12	2 yrs
Tammy D.	5-20	5 yrs
Shelia H.	5-18	4 yrs

**Current:**

Karen B.	6-06	2 yrs
Tariq	6-12	6 yrs
Neal	6-14	4 yrs
Pat	6-14	4 yrs
Sylvia	6-15	5 yrs
Dean W.	6-16	5 yrs
Juanta C.	6-29	4 yrs
Denise	7-08	2 yrs
Shelia	7-15	2 yrs
Yvonne	7-17	6 yrs

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name of submitted work: \_\_\_\_\_

signature: \_\_\_\_\_ date: \_\_\_\_\_

*please enclose this form with all submissions*



*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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**attn: Cleansheet**

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**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**



### 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



# CLEANSHEET



GREATER  
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(Please use other side)