

# The **CLEANSHEET**

THE GREATER PHILADELPHIA  
REGIONAL SERVICE COMMITTEE

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## "Traveling the open road."

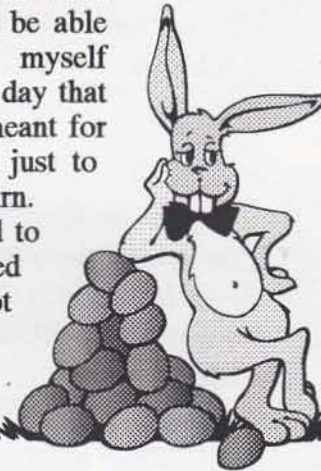
*Just for today: I am continuing to develop my spiritual, social, and general living skills by applying the principles of my program I can travel as far as I wish on the open road.*

### CONCERNED

I hope that what I write, others will relate to. I haven't been attending meetings for a while now. I drop in every now and then. And when I do attend a meeting I am full of joy just to see old and new faces of recovering addicts. As I sit in the meetings I am distracted by my thinking, I get caught up in other people around me. I am thinking that the new people around me think I am a newcomer and the older members think I used and are afraid to ask me, or they think they are better than me. I start to become close-minded to the messenger and when I open my mouth to speak it doesn't come

out right and I feel foolish inside. I still hold my head up high because I know it's okay. I'll be able to express myself honestly one day that time is not meant for me to speak just to listen and learn.

I used to be embarrassed about not attending meetings as often as others do. I do wonder Happy Easter! am I the only one going through a dilemma such as this program for anyone but myself. I still keep in contact with other recovering addicts, but like my sponsor told me, the group is the most powerful vehicle for carrying the message. I do believe that there is a power greater than all of us working in our lives and in the rooms of Narcotics Anonymous.



### PRINCIPLES BEFORE PERSONALITIES

Are we killing people in the name of love? I've been asking myself this question over and over again. A few years ago I was chairperson of a meeting when a person raised their hand to share and was called on. We had ten minutes left in the meeting and he shared them all. We stopped him when the meeting was to close and asked him to get with someone after the meeting. After the meeting he didn't want to talk and he left very angry. He went on to relapse and lose the very thing that we all hold so very dear, our lives. I've been to several meetings where my hand went up and I was not called on. Others whom came in after me were called on right away. I know how I react when I'm not called on. What about the newcomer? He has no steps in his life. To his knowledge, he or she doesn't know why we with time seem to act as if the world is our and they have to pay to be there. They don't understand how to kill

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C.G.

the disease. They feel spat on and are quick to go back to the one thing they know how to do when the pain prevails...use.

This is the time when the newcomer becomes weak and runs. As an experienced member of N.A. I have decided to do something about these people and their personalities. In the two new meetings I now attend I'll pick out a newcomer to care for. Not in the since of taking care of that newcomers needs , but to allow them to know I care. To listen to them a minute longer just to let them know I care. The principles of N.A. have given me a life worth living. I had no life before this and I don't want a newcomer to feel my life is so great that I don't have time for him. I must be available for the newcomer because there was someone here for me.

An Addict

## For Addicts Only

Let's get real, Reality is freedom. Surrender or die, Change is the solution. Together we can, just for today, Surrender to win.

Hope is possible, We have a choice today, try life.

Try living clean, God has a plan for us. It works day by day. Together we grow learning to recover, let it happen, N.A. works.

Jim P.

**SERVICE AND INVOLVEMENT**

# WHY ONE?

One addict, one habit, one desire, when will I be free?

You know, one life, one moment, one shadow, one funeral.

One who beg, stole and shot people.

One to go to jail and one to have a cell.

One chance at life, one chance to do right.

One program I need.

There is but one God, I believe.

One is a winner with a program.

One is a loser with excuses.

Which one will you choose?

One says, "I have faith it will get better."

One says, "Come on I need one more for tonight."

One is to many and a thousand is never enough.

So why take that one, we don't want to begin?

One woman, one job, one pay.

One shot of dope, no woman, no job, and no pay.

Now, one day I will listen to N.A. Who won? The desire won. Why Won!

Stan S.

## People Need People

Coming to the fellowship I always thought I didn't need anybody. Lately I found out that people need people. When I was

using I was around people. When I stole I was around people, and when I got my ass beat up people were there. Thanks for those people who saved my ass, the people in N.A. That's why GOD put people in our lives , to let us know that everything will be alright.

People from the rooms of N.A., the program, the fellowship help me to see. So yes we need people and people need us.

Thy shall listen to people.

Thy shall love people.

Thy shall always place principles before personalities.

Because I know we need people. people need people.

Stan S.



## DREAMS

I miss you-  
childhood  
Baracades  
Bike Skate Dolls.  
I miss you  
Jr.g\Girl

Marbles, Topps, Rope, Checkers

I miss you- Girl  
Hairstyles, Paperdolls, Dollbaby  
kitchen.

I miss you- young lady  
Lipstick, Telephone, Heels,  
pantyhose.

I miss you-Lady  
First kiss, first ring, First  
boyfriend.

I miss you Woman  
First marriage, First child, First  
husband.

I miss you - Illegal  
Divorce, Alcohol, Drugs,  
Under the influence.

I miss you - Recovery  
N.A., A.A., C.A.

I miss you - W.T.P.  
I am back  
Nine months clean!

**Nancy Witherspoon**

*Reprinted from Alive and Kicking!  
number 41, March 1995*

To Walk in the Light

As an addict, I have spent most of my life in shadows so as not to be seen. In some ways I chose this path, in others I like, many of us, began at an early age before using any mood altering chemicals when I began hiding my behavior with lies so as not to be known. That was the beginning of a long chain of events or make them seem different. I became more and more secretive as my addiction blossomed and flourished and declined and resurfaced, over the years. Secretive, secluded, cutoff from the world around me, I became a closed person.

All this time that I walked in the shadows, I knew, but refused to acknowledge that there were other paths to follow. The one I chose led to the world of delusions and

hallucinations and those became my real world and the world of reality became unreal.

Today, through the grace of my Higher Power, my God, I have been given the opportunity to walk another path, one that is in the light and leads to a greater light. One step in walking this path to light is to reveal myself to others in the Fellowship of N.A.



This path in the light is not the easiest one to follow. As I do my fourth step, I come

to know myself, my character defects and the patterns that I have followed, as well as my assets. I must look deeply into myself and I must be fearless because, as the light increases, we often tend to see ourselves worse than we thought and are amazed at our blindness to what we have been. In truth, we are not worse than we were, but far better, and we need to remember that we only begin to see the problems when recovery has begun.

For me, this process is not yet complete, but as my past slowly comes out of the shadows, today I can walk in the light. I can be seen and known and I am willing to be

known and to know. I thank my God and the fellowship of N.A. for this choice that I have today and for the courage and the encouragement to walk in the light.

**Larry H.**

*Reprinted from the Dallas Area Clean Sheet, April 1991  
Thank you N.A. Way Magazine  
September 1991*

**Editorial**

Of late, I've been in a blank state of mind. This is the time when I find my feeling in a numb state. No real happiness yet not real sorrow. The time when sitting down to write about my feelings are at their worse. I go to the point when there really isn't anything going on yet the world has just sat on my behind and asked me how I liked it. This isn't the first time I've gone through this state of mind. I wonder what the problem is and what can I do to help. Walking around looking at everything I do over, and wondering if I made the right decision, The time when I don't know what I'm feeling or to do. Seems harder to place a name on something you can't explain, something you can't describe but you know it's there.

In the past it always comes down to the time when God has some growth for me and I don't want it. I've gotten to

a point where I'm satisfied with where I am. The growth doesn't even start on a good note. each time I come to this state of mind and grow, it's with some pain. Never am I in this state when I am being lead to growth without pain. Today I had another one of those days and I ended up \$575 in debt again. The difference is today I'm willing to do what I have to do to get through the feelings. I got the answer, as long as I'm willing to do something about my money problems, the better. I work with my problems! I have to want to dot he work before these problems are addressed.

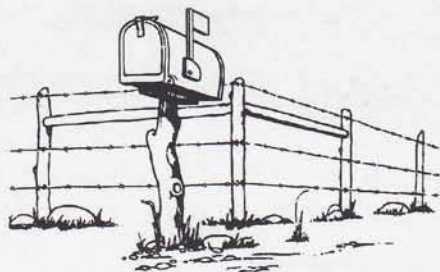
**Willing to Serve**

**The Monster Awakens**

Taking a hit just this one time  
 A second later I have no mind, my will is gone.  
 No longer human I chase this hell to get that feeling.  
 Looking around searching everywhere,  
 Inside I'm empty, full of fear  
 Will this feeling ever end?  
 I awaken the monster;  
 The obsession has returned.

**Jerry R.**

*The Queens Area Newsletter*



**Looking For A Pen Pal**

Greetings,  
 My name is below and I'm writing looking for a pen pal. I'm an individual who has been incarcerated for the past four years and will be getting released in the middle of 1995.

My life has been a living nightmare worrying about how things will turn out for me when I get back in society. Of course my intentions are positive. But I honestly know that if there is a possibility for me to introduce myself to someone out there who is not using drugs things could be a little easier.

To whomever is reading this letter, I would like to introduce myself a little so you could have an idea of who you're speaking to:

"I Born and raised in Philadelphia (Kensington area). Used drugs from the age of 14-20 basically everything on the market. I was born July 12, 1969."

"To make a long story short, it's time for me to make a life for myself and with your help it will be a little easier for

me."

If you could help me with a Pen Pal, I would appreciate i very much.

Sincerely,  
 Scott Knowles  
 BQ-6140  
 1 Kelley Drive  
 Coal Township, PA  
 17866

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