

The **CLEANSHEET**

THE GREATER PHILADELPHIA
REGIONAL SERVICE COMMITTEE

VOLUME II ISSUE NO. 3

AUG/SEPT 1995

"We Do Recover."

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.

IT WORKS

Hi, my name is Thomas, and I'm an addict. First I need to thank the Power that is greater than myself, and the program of Narcotics Anonymous for another day clean. This is a miracle I'm truly grateful for. For without these things I would still be caught up in the grips of that madness of an active addiction. It's been an incredible roller coaster ride these past 17 months. I surrendered my will during a blizzard in March of 1993. I had reached the point of homeless, of not caring about my physical appearance, something I always took pride in. After 26 years I had run out of cons, I had run out of excuses to family, friends and employers. I became like the Basic Text states entirely ready to let that Power which is greater than myself into my life. It was at this time that the fellowship of N.A. re-entered my life. I had heard the cliques many years before but this was the first time that they made sense. It was as if people had been speaking a foreign language to me for so many years. Well the truth is that it was very much like a language that I had to learn. It took me years to learn, years of hardcore addiction. Thank God that I learned them. In the cliques I learned how to live. I also needed to hear them, on a daily basis. I also needed to do those things that reinforced the idea that I was an addict, carrying the clean time key chains openly is a reminder of my time as a recovering addict. I've heard people say that they

choose anonymity in not showing their key chains. In my addiction, I thought that I was invisible, no one saw my addiction, it was a lie. People knew, so now I choose to show my recovery. In general life is beyond my wildest dreams, I practice the principles of Honesty, Open-mindedness, and Willingness in my daily affairs. The program of N.A. saved my soul. I'm grateful for this small miracle.

Thomas F. B.

My Hopes For My Pen Pal

I was blessed to meet this person at the regional office on March 7, 1995. This person was purchasing N.A. literature in hopes of starting a Narcotics Anonymous meeting in Nicaragua, which is the largest country in Central America.

The people of Nicaragua have a lot of knowledge of another type of fellowship but they do not have any knowledge of N.A. So my hopes for my pen pal is much success in her endeavors to reach her goals in life and I hope and pray to keep the lines of communication open between us. My hopes are to see my pen pal face to face either in Philadelphia or Nicaragua.

Carol S.

RECOVERY

WHERE IS YOUR CHARACTER?

When we first came around, we had many thoughts of what was to come of our lives. We thought of a life without drugs and how we were going to make it through.

We stayed here for a while and started to see some of the benefits staying clean brought. Somewhere along the way we started to follow suggestions, we got a home group, found a sponsor, and started taking the steps. Complaisance with just taking steps and making meetings, we started looking for jobs, buying cars and going into service.

Only if we are honest about service in Narcotics Anonymous do we get anything out of it. Somewhere along the way we have people who come in and don't want to do this. They look for the easy way to do everything and they forget they were at some point a newcomer as well. Buying the home groups literature, making area meetings and subcommittee meetings is no longer important and making excuses is easier than facing your responsibilities. Excuses rain from their mouth like water from the sky. They can't stay for the entire area or subcommittee meeting, wanting to pick up their home group's literature and leave. Voting on motions or hearing motions come back to the home group is not important to these people. This takes up too much time.

How soon we forget that someone was here for us when we first stumbled into the rooms. They brought literature, which helped us regain our sanity. Since 1953, when Narcotics Anonymous started, there has been someone to greet the newcomers with hugs and a warm smile. They had a desire to stop using, everything, not just the drugs. They begin to find themselves by helping someone else.

Is this our definition of character? No matter who's inventory you take, are you doing anything to help someone else find themselves. Doing whatever it takes to keep someone around and in the rooms of N.A.? Listening a minute longer or walking with someone who feels the need to have some kind of support? Or

maybe you're one of the N.A. soldiers who forgot about other people's feelings?

We need more people aware of their character. Ready to expose themselves to be helped or help someone else. Opening ourselves to allow someone in and the garbage out. To make that extra minute for someone else. We have to have character for someone to assassinate it. We have to be a part or use. If we are not a part of the solution, we are part of the problem.

Walter D.
Aug '93

Riding the Storm

My disease comes in many forms
I'm about to ride a storm
A storm I know I must ride
One that I'll get thru with my God
on my Side
Powerless with fear of the unknown
filled with fright and feeling alone
A storm of thoughts in my mind
Scared to death of these diseased signs
Praying for answers I can't see
Wanting to know so I can be free
Watching the clouds grow darker
By day and by night
Grasping faith to continue the fight
The storm has again engulfed me
But I know my God wil soon set me free
Yes this storm I know I must ride
But I have my God on my side
and with constant faith and prayer
The storm is easier to bear
This storm will help me grow
There's a loving and caring God, I know
I can accept whatever comes today
for know God's will is the only way.

Cynthia F.

On the Right Track

Marriage in Recovery



We practice these principles in all our affairs. Marriage is one of those affairs. First step: Surrender, First Tradition: Unity. Through situations in my life I see and have experienced where

the program is teaching me how to live a new way of life. No one said it would be easy. All the principles that are available to us are very important. Communication is the key in any relationship along with the gift of listening. Having a God of my understanding is very necessary to me. Since developing a relationship with a Higher Power, I believe that this has strengthened my relationships as well as my commitment to other areas of my life. I have found out that I must be willing to commit myself and that it takes work. This means using the principles that I have learned and that means practicing doing this. However, applying them sometimes is hard. The reason being, as I know today, is the uncomfortable feelings of change. Doing something different, you know? I find myself having to humble, compromise, and at the same time, share my feelings. In my marriage there are different beliefs and values and I am learning to respect what someone else believes. Because I want my beliefs and values to be respected, I therefore, have to give it in order to receive it. The things that I once was taught or thought was right and used before in my previous relationships and marriage are now up for revision. Being open-minded, I can see that the change in that area was definitely needed (basically because it was all based on my self-centeredness and the fact that I was so use to making decisions on my own). Sometimes I have to catch myself because that part of me is still there. Marriage is similar to sponsorship; it's a two way street. Today I know I need to surrender to my old ways of thinking and doing by trying something new. Like, discussing situations and ideas with my husband. Some things are harder than others to discuss; but with some faith in a Power greater than the both of us, and in applying the

Second Tradition (you know, that Ultimate Authority?), then the lines of communication get easier each time. Because, I believe that united, we stay together; and divided, we'll be apart; just for today, I prefer togetherness.

Bobbie G.

UNTITLED

I am an addict named Chris. Hi Family! I'm sitting here out in the country at the regional weekend hosted by Pure and Simple Area in Telford. I'm wondering what's going on.

I've attended meetings all over our region and hear people complain about service, here outlying suburban areas don't get proper representation on different levels of service. So where are they? At the Unity subcommittee there were three addicts in attendance, one area chair, the chair of the subcommittee and co chair.

Our literature tells us that unity is a must, yet as I look through the partition to the space where the Cleansheet meets, I see one lonely looking addict and feel sorry for him, wondering if his willingness to serve and provide for those newer than he with the services he was provided with when we came around isn't slipping away a little.

My N.A. experience is providing me with three major things I cannot provide myself. The twelve and twelve teaches me to love myself, a sponsor has shown me how to through the traditions and our relationship how to love another person and be loved, and service has taught me to be a responsible and productive member of society.

What my point is that my faith in the process goes through disappointment when it came to service and I see so few gratefully doing so much. I have time to think about this because we have too few people at our subcommittee meeting to do business. It's sad. I've also learned that if I'm not part of the solution, like serving where needed, I am the problem.

With hope,

Chris M.

What's In It For Me

I was told that it I put a fraction of what I did "finding ways and means to get more" into my recovery that I would be able to stay clean. I have found, however, the more I put into my recovery program the more I get out of it. When I first heard about the H&I (Hospital & Institutions) Subcommittee I thought to myself, "I've never been to jail or treatment, I could never do that type of service."

One day a friend in recovery invited me to an H&I meeting at a local hospital. I told my friend "I won't have any experience to share because I haven't been to jail or through treatment." My friend reminded me that I was active addict at one time and now I was learning to stay clean "one day at a time." The people I would be sharing with were trying to do the same. He also reminded me that addicts who want to recover from active addiction learn to look for similarities not differences.

I thought about it and decided to attend the H&I meeting. I've been sharing my experience, strength and hope for a year now and it has made a big difference in my recovery. At the meeting I attend we share on Step One, Two and Three. One step each week. I put a great foundation in recovery this way.

I can truly say from experience, I have gotten much more out of doing this meeting than I put into it. I believe my Higher Power put this opportunity to serve into my life. My suggestion to all recovering addicts is ask your sponsor or someone at your group "What can I do to give back in service a little of what I've been given."

**Anonymous, Northside Dallas Area N.A.
Newsletter**

The Humility Checklist

It seems to me that humility is one of the key ingredients in working the steps and applying the traditions. I'd like to share the following checklist, which was put together to remind those of us who are interested where we are at with humility.

- 1) Do I go to meetings on time and make myself available to visit with new people before and after the meetings? Yes ___ No ___ Sometimes ___
- 2) We are here on a matter of life and death. Do I show respect to the group by taking my personal conversations outside during a meeting? Yes ___ No ___ Sometimes ___
- 3) Am I quiet and respectful around the entrance doors so as not to disturb the meeting? Yes ___ No ___ Sometimes ___
- 4) Do I enter a recovery meeting in progress with respect so as not to disturb the atmosphere of recovery in any way? Yes ___ No ___ Sometimes ___
- 5) Have I ever started a meeting off with a topic and asked for input only to leave the meeting before it was over? Yes ___ No ___ Sometimes ___
- 6) Do I have a habit of coming into a meeting late, asking what the topic is, then jumping in to share only to leave the meeting early? Yes ___ No ___ Sometimes ___
- 7) Am I one who, by habit, always turns to see who has just come into a meeting? Yes ___ No ___ Sometimes ___
- 8) Do I have the overwhelming obsession to share at all the meetings I attend simply to hear myself talk? Yes ___ No ___ Sometimes ___
- 9) Do I normally share too long each time I share, knowing that many other addicts have a need to share? Yes ___ No ___ Sometimes ___
- 10) Do I ramble on and over share consistently in an effort to inflate my ego or get attention? Yes ___ No ___ Sometimes ___
- 11) Do I feel the need to share the same event over and over at different meetings to give myself the maximum attention? Yes ___ No ___ Sometimes ___
- 12) Do I realize the impact any inconsiderate behavior has on a newcomer during a meeting? Yes ___ No ___ Sometimes ___

Suggestion: For a best results, go over these questions with your sponsor.

Social Acceptability Does Not Equal Recovery

I'm an addict named Desiree. I came into N.A. and got involved with a very well known man. I met a lot of people through this man, people who said they loved me and would be there for me. I believed them then and I believe them more now for what they said. I believed them because in the beginning of my recovery they said "we will love you until you learn to love yourself, we will love you in spite of who you are, we place principles before personalities, etc." While in that relationship, I felt good about getting to meet people, feeling loved, fellowshiping with them and so forth. I look back on that experience and realized I relied, depended, expected and had more confidence in people instead of God. I am responsible for my recovery. Unfortunately my relationship with God wasn't all I thought it was. The relationship with the man ended. I was ridiculed judged and called crazy for the path I took after the relationship was over. By this time I was a suffering addict. I didn't understand what was happening, I even felt crazy. I needed help, but because of the rumors and lack of a God conscience I didn't ask for help. "Social Acceptability Doesn't Equal Recovery." It's not about who loves me, accepts me or who judges me. I'm human and I make mistakes. Eventually, because I didn't ask for help. I used. Through God's Grace, He brought me back to N.A. and gave me the strength, courage and ability to strip myself of pride and ego and admit I made a mistake. Today my life takes on a new meaning. It's not about getting a man back, it's about getting me back. It's not about having lots of friends, but being a friend. It's not about being socially accepted, it's about having self acceptance. I'm still recovering from that experience. It didn't happen to me for a punishment but it happened for me as a blessing. Today I am more God reliant, dependent and confident. I'm no longer practicing social acceptability, but I'm practicing

self acceptance and commitment to God and N.A. No addict needs to be trapped by the need for social acceptability.

An Addict,

Desiree L. Cleansheet June, 94

Events

Recovery In The Park 6th Anniversary

Thursday, August 17th; 53rd & Parkside
Door 6:00 p.m.; Meeting starts 7:00 p.m.

ODAT Anniversary

16th & Berks Sts. Rec Center
Doors 6:00 p.m.; Meeting starts 7:00 p.m.

38th Street Group Anniversary

Friday, August 18th; 38th & Chestnut Sts.
Doors 6:00 p.m.; Meeting starts 7:00 p.m.

Men & Women About Change 24 Hour Marathon

Saturday, August 19th; 11th & Rockland

Part of The Healing Process Anniversary

Thursday, August 24th; 48th & Brown
Sts
Meeting starts 8:00 p.m.

Miracle on 25th St Anniversary

Friday, August 25th; 25th & Diamond Sts
Hank Gaithers Rec Ctr.
Doors 7:00 p.m.; Meeting starts 8:00 p.m.

Stairway to Heaven Marathon

Saturday, August 26th; 10th & Parrish Sts
Rich Allen Projects
12:00 p.m. to 12:00 a.m.

Unity Day WSW Area Picnic

August 26th; 63rd & Cobbs Creek
9:00 a.m. until 9:00 p.m.

Pyramid of Freedom Area 3rd Annual Splash Party

August 26th 3 to 8:00 pm; YWCA Arrot
& Leiter Sts.

Adults \$7.50; Children \$3.75;

For more info: Marge 329-2021

By N.A. Means Necessary First Anniversary

12-12 Club 28th & Washington Sts.
Wilmington, DE Tuesday, August 1st
11:15 a.m.

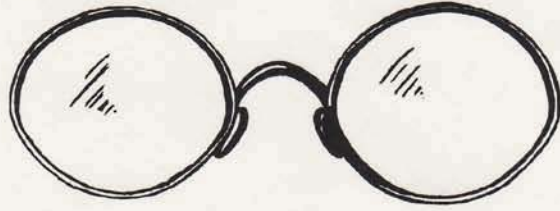
NA Birthdays

Mary	N.W.A	July 07th	2 yrs.
Kenny K.	S.V.A	July 07th	1 yrs.
Wille D.	I.C.A	July 07th	7 yrs.
Ellen	S.P.A.	July 08th	5yrs.
Veronica	S.P.A.	July 08th	6 yrs.
Gordon	N.W.A	July 09th	1 yr.
Derrick	N.W.A	July 13th	1 yr.
Bonnie	S.P.A.	July 14th	2 yrs.
Ron	S.P.A.	July 15th	3 yrs.
Sheila A.	S.P.A.	July 15th	3 yrs.
Fred	N.W.A.	July 28th	1 yr.
.Dale B.	Phila A.	July 29th	17 yrs.
Charles	N.W.A.	Aug.01st	1 yr.
Megan C.	S.W.A.	Aug.04th	1 yr.
Carol S.	N.W.A.	Aug.12th	2 yrs.
Toni G.	N.W.A.	Aug.12th	2 yrs.
Andrew	I.C.A.	Aug.15th	2 yrs.
Mack	I.C.A.	Aug.15th	2 yrs.
Wanda	I.C.A.	Aug.15th	10 yrs.
Charles	N.W.A.	Aug.23rd	1 yr.
Harold	N.W.A.	Aug.23rd	8 yrs.
Renee	N.W.A.	Aug.23rd	2 yrs.
Bruce P.	S.W.A.	Aug.24th	7 yrs.
Richard L.	S.P.A.	Aug.26th	1 yr.
Keith G.	N.W.A.	Aug.27th	4 yrs.
Pernell	N.W.A.	Aug.28th	1 yr.



B.G.'s Seek & Find

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



The Basics: Our **purpose** is to stay **clean one** day at a **time**. Although **surrender**, talking to your **sponsor daily** we learn to **let go** of isolation. Using **step-one**, we learn the **spiritual** principles. We get a **homegroup** and begin to see the **unity** in the Fellowship.

Bobbie G.

CLEANSHEET PERMISSION SLIP

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

Name of submitted work: _____

Signature: _____

Date: _____