

CLEAN SLIP

THE GREATER PHILADELPHIA REGIONAL
SERVICE COMMITTEE

VOLUME II ISSUE 7

APRIL/MAY '96

WHAT DOES YOUR TIME MEAN TO YOU?

In the past few weeks I've been feeling lost. I was in a meeting when a person with less time told us that there is no such thing as an experienced member in NA. When he said this, my mind raced back over the years of my believing in NA experienced members who taught us this new way of life. Those who had gone on before me and done some of the things I had done.

I thought of how I have cried on their shoulders and wanted to be love just for being me. Funny thing is that's just what I got. They told me like, "If you don't use that whatever I was doing thru, I could get thru it. That someday I would be that experienced member that some-one would be looking to for the answers from. That some with less time would be jealous and still others would not like me at all! They were there for me and still showed me that they were human and made mistakes. Above all they didn't judge anyone.

Now after six years of living around here I come up on these addicts who have come after me feeling different from the people who taught me. They say things like "people with time are just that, people with time." Where is their second step? Sounds crazy to me. Our literature states that a member with two days clean could show a member with one day clean that this program works. This tells me that time does mean something to people. That the people who were here before me can tell me how to get another day clean!

Our experienced members need to stop these people who feel clean-time means nothing and ask them, Where they would be if there were no experienced members?

God has granted us something that we are very proud of, our clean-time. The people who were here before me showed me that this program works if I follow the program and not the thinking I do. Those people showed me that, if I believe in a power greater than myself I can stay clean. If I follow this program to the best of my ability that the program could work for many others.

It took those people who came before me to show me how to stay clean, I couldn't do it on my own.

WALTER D.

THE LATE GREAT YOU

To want what is not yours is a childish thing
To have what you want only in a dream
To settle for scraps like a beggar or a dog,
To see a copper penny and to own a wooden nickel and to have
the penny yours for the taking
But to hold on to the nickel for the fear of the penny breaking
To reject life on it's own terms,
But to find your own reality in a bottle package with worms...
in...the bottom ... of a pine box.

Mama stretched across the top love pouring on your face...
warm, salty
While your life, your family, was disgraced by the want of a
child in a grown body.
Never having the heart to be anyone other than somebody who
gave all to one.
Not even the late great you.

LAURA N.

IT WORKS IF YOU WORK IT

When I first came to Narcotics Anonymous I heard people share that the program works. When I got my basic text and started reading it I got in touch with that on a deeper level. "What Can I Do", chapter 5, pg. 53 states, "Our disease involved much more than our using drugs, so our recovery must involve much more than simple abstinence."

Recovery is about a change and it is an on going process. It takes work to recover and it doesn't happen overnight. However, it has to start somewhere like "JUST FOR TODAY" I'm going to do what I need to do to change some things about me so I can get a little better. I had to start asking for help to receive the help I need because I need in a lot of areas. That is what this program is about; "Addicts helping each other to grow up and get better in areas they need to get better with.

I'm one of those addicts that needed to get to work or else I was out the door. Through doing some work on me and following my sponsor and you people to help me has enabled me to stay here. I know I need to continue to do some work to stay here. I can't afford to take any days off or take a vacation from my recovery because my disease may guide me out the door and back into the vicious cycle that brought me here in the first place.

Recovery is a gift but unlike any gift I ever received, I have to do the work in order to keep it. Narcotics Anonymous does work but not by magic. IT WORKS IF YOU WORK IT!

WALI

Why We Are Here

This article is reprinted from *The NA Way Magazine*, September, 1995 issue.

"Disease? What disease!" I said at my first meeting. "I've just got a damned drug problem!"

We'll, it's been a few years and I seem to have "caught" this disease from you guys. The thing I've identified as my addiction is alive and well. My character defects are intractable. I get the "hole in the gut" feeling whenever I slack off in meeting attendance, sponsorship, step work and talking to God. Yes, I can now understand and accept that taking too many drugs is only a symptom of the disease of addiction.

But I didn't understand that when I got clean. The things I heard in meetings that I kept thinking about later with hope in my heart were the "war stories" some of you shared. I found myself really attracted to NA because some people were talking about turning tricks, finding outfits in the trash behind a doctor's office, sleeping in the twenty-four-hour laundromat, etc.

Did I relate! I sat on the edge of my chair, practically salivating every time someone even hinted that they used the way I did. When someone talked about recovery, taking inventory, making amends, I yawned. Recovery was a language I didn't understand yet, and I was just about as entertained as I would be watching local TV in a country where I don't speak the language. I mean, I didn't come to NA because I was feeling the lack of an inventory process in my life; I came to NA because I was shooting too much dope and believed NA could help me stop.

After a few months, I finally got interested in recovery. Unfortunately, I missed the point in a big way and got even more interested in my character defects. I shared about them in meetings. I reveled in my anguish. I bewailed my disease-ridden state of being. I moaned and groaned. I sniveled and kvetched. Did I enjoy being sick! I particularly loved the one-downs-manship at the coffee shop after the meeting.

Eventually, the steps kicked in. My self-obsession diminished. I got bored telling my war stories and hearing yours. I found discussions of character defects, mine and yours, even more wearying. When I went to meetings, I wanted to hear recovery and nothing but. I was extremely impatient with anything else. When I shared, I kept my focus strictly on the spiritual principles of the Twelve Steps. I didn't mention drugs. Actually, I almost forgot I had ever used them.

I ended up very sad and lonely. No one ever asked me to be their sponsor. I finally realized that the newcomers couldn't relate to me. They sat there, wanting only to know how to stop getting loaded,

and I was regaling them with detailed insight into the wonder of prayer and meditation, the security in building a relationship with God, the joy of an honest relationship with sponsor, and so forth. They yawned.

Then the God of my understanding nudged me with one of those little "lessons". I was at a meeting and the leader was one of my peers. In fact, we'd been in a recovery house together. She was celebrating a recovery anniversary and talked about meeting me in this recovery house and relating because neither one of us had all our teeth. She was going on about this, and it reminded me where I came from. Eight-and-a-half years ago I was a scrawny little gutter hype with bad skin and no teeth.

So I changed again. When I'm sharing in a meeting today, I always make sure I include just a little bit about "what it used to be like." Newcomers need to be able to identify. If we're all sitting around talking about our addiction manifesting itself in food or at the shopping mall, expounding on the many areas in which we're powerless, or holding forth on how totally cool our Higher Power is, we're liable to forget our primary purpose. More importantly, we're liable to fail our newcomers. I don't want that to happen. I really want to carry the message of Narcotics Anonymous. After all, that's why we are here.

"When I'm sharing in a meeting today, I always make sure I include just a little bit about what it used to be like."

Searching for Spiritual Principles

S	V	G	T	O	E	G	A	R	U	O	C	A	J	L	Z	W	A	Z	A	Q	-	Z
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E	B	F	S	S	U	E	M	D	H	M	H	M	N	G	Z	L	Q	-	V	S	I	M
N	O	I	S	S	I	M	D	A	M	S	Z	C	Y	T	I	L	I	M	U	H	Y	E
S	R	T	N	J	E	V	F	K	E	-	Y	Z	O	X	E	I	N	R	G	F	I	O
S	H	D	P	R	I	N	C	I	P	L	E	S	J	X	D	N	T	C	N	V	N	I
E	N	L	D	D	O	-	E	T	A	C	K	P	B	S	O	G	T	O	I	F	S	R
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T	L	K	M	S	T	K	I	E	M	L	N	K	D	E	C	I	S	I	O	N	T	S
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P	B	B	R	R	R	I	B	K	A	E	C	I	V	R	E	S	N	Y	T	S	M	I

ACCEPTANCE
ADMISSION
AWAKENING
AWARENESS
BELIEF
CHANGE
COMMITMENT
COMPASSION
CONSCIOUS
CONTENTMENT
CONTACT

COURAGE
DECISION
DISCIPLINE
FAITH
FORGIVENESS
GRATITUDE
GROWTH
HONESTY
HOPE
HUMILITY
INSIGHT

INTEGRITY
JOY
KNOWLEDGE
LOVE
MEDITATION
OPEN-MINDEDNESS
PATH
PATIENCE
PERSEVERANCE
PRAYER
PRINCIPLES

RESPONSIBILITY
SELFLESSNESS
SERVICE
SPIRITUAL
SURRENDER
TOLERANCE
TRUST
UNCONDITIONAL
VALUES
WILLINGNESS
WISDOM

NA EVENTS

- APRIL 07 ICA KIDDIE DISCO
MARTIN L KING CENTER
22ND & CECIL B MOORE
3:00PM. TO 7:00PM.
- APRIL 12 ICA FUNDRAISER DANCE
& 19TH MARTIN L KING CENTER
22ND & CECIL B MOORE
9:00PM. TO 2:00AM.
- APRIL 13 NWA DANCE AND MARATHON
LONNIE YOUND REC CENTER
CHELTEN & ARDLEIGH
12:00 NOON TO 2:00AM
- APRIL 16 WSW I CAN'T WE CAN GROUP
7TH ANNIVERSARY
KINGSESSING REC CENTER
50TH & KINGSESSING AVE
- APRIL 20 WSW ANOTHER CHANCE AT LIFE
1ST ANNIVERSARY
MONUMENTAL BAPTIST CHURCH
50TH & LOCUST ST
10:00AM. TO 1:00PM.
- APRIL 21 ICA STICK AND STAY GROUP
6TH ANNIVERSARY
918 N BROAD ST
10:00AM. TO 12:00 NOON
- APRIL 21 WSW SUNDAY NITE ALIVE
6TH ANNUAL MARATHON
111 N 49TH ST
15 HOURS STARTING AT 7:00 AM
- APRIL 27 ICA GRATEFUL TO BE CLEAN
9 HOUR MARATHON
RM. W2-48
17TH & SPRING GARDEN STS
IN THE WEST BUILDING
- APRIL 27 BUCKS CO. WORKSHOP
TAFT AND MAPLE
UNITED METHODIST CHURCH
12:00 NOON TO 6:00PM.

- APRIL 28 ICA SKATING PARTY
 CARMENT SKATING RINK
 3:30PM. TO 6:30PM.
 DONATION \$6.00
- MAY 3, 4 ICA THE NO TIME REQUIREMENT GROUP
 & 5TH 48 HOUR MARATHON
 MANDER RECREATION CENTER
 33RD & DIAMOND STS.
 MEETING START 7PM. ON THE 3RD
- MAY 4 SOUTH SURRENDER TOGETHER GROUP
 PHILLY CELEBRATE THEIR ANNIVERSARY
 WITH A 12 HOUR MARATHON
 GRACE UNITED CHURCH
 20TH & CHRISTIAN STS
 1ST MEETING AT 6PM
- MAY 10 CARRY THE MESSAGE GROUP
 CELEBRATE THEIR 13TH ANNIVERSARY
 SCHUYLKILL VALLEY
 561 FAIRHORNE ST 8:00PM.
- MAY 18 ICA BASKETBALL TOURNAMENT AND DANCE
 MARTIN L KING CENTER
 MEETING AND DANCE
 12:00 NOON TO 2:00AM.
 22ND AND CECIL B MOORE
- MAY 27 ICA NA PICNIC AND MARATHON
 LEMON HILL 33RD AND GIRARD AVE
 MEETING AND FOOD STARTING AT 10AM.
- MAY 27 NA PICNIC
 TYLER STATE PARK
 12:00 PM. TO DUSK

SEARCHING FOR PRINCIPLE REPRINTED FROM THE BOTTOM LINE
 GOLD COAST AREA FT. LAUDERDALE, FL

Happy are these times,
so peaceful and serene.
I want to be here always-
but only in a dream.

Ups and downs
make life worth living
For only ups you'll never see
the things that you've been missing.

Downs are tough but prove to be
a wonderful lesson for all to see.

The earth, the air, trees and sunshine
there's nothing more beautiful.

I've learned in life,
to be good to those things that have always
been good to me.
To give to the earth, and rise from its energy.

SUSAN DESAINTIS

I AM A MIRACLE

I am a miracle, for this I know,
My Almighty God has told me so,
In spite of who I am of what I do,
I am a miracle this is true.
Because God blessed me and showed me the way.
I practice spiritual principles in every way
For each one has showed me how to live day by day.

I have a foundation wide as the sea,
But I keep seeking more so diligently
For NA told me I have to recover or live in the bondage
abundantly.
I choose to live and defeat my disease,
For God's will nurtures me.
And with that I'm on my way to be a miracle in recovery.
If you are newer than me it is true,
No matter who you are you can be a miracle too.

NEET

THE PHILADELPHIA CLEANSHEET

The Cleansheet is a function of the Greater Philadelphia Regional service committee. Our primary propose is to carry the message of recovery to addicts and to provide our members with news of the region. Views expressed in the cleansheet are that of the individual and not those of Narcotics Anonymous. We permit any sub-committee to reprint articles found in the cleansheet, provided they sight their source.

NA BIRTHDAYS

Henry D.	Buck Co.	2/2	14 yrs.
Geraldney	NWA	2/7	1 yr.
Beverly W.	NWA	2/14	4 yr.
Toni A.	Buck Co.	2/18	11 yrs.
Eddie K.	SWANA	2/20	4 yrs.
Chris M.	Buck Co.	3/2	4 yrs.
Fred W.	SWANA	3/3	10 yrs.
Dorothy R.	Buck Co.	3/7	12 yrs.
William B.	NWA	3/8	3 yrs.
Nora C.	SWANA	3/10	18 mos.
D. Woody	ICA	3/15	6 yrs.
Deborah J.	NWA	3/21	8 yrs.
T. Tucker	ICA	3/22	6 yrs
Wayne A.	NWA	3/22	6 yrs.
Sue L.	Buck Co.	3/22	4 yrs.
Steve R.	Buck Co.	3/22	9 yrs.
Dianne D.	SWANA	3/24	1 yr.
Cathy F.	Buck Co.	4/1	4 yrs.
Clarky	SWANA	4/15	5 yrs.
Marrian F.	SWANA	4/15	5 yrs.
Mike B.	SWANA	4/17	3 yrs.
Alma B.	SWANA	4/21	6 yrs.
Ray D.	SWANA	4/26	6 yrs.
Loretta	NWA	4/27	4 yrs.
Sheila	South Philly	5/1	16 yrs.
Sonny R.	SWANA	5/23	1 yr.
Margie O.	South Philly	5/30	16 yrs.
Pat W.	SWANA	3/23	24 yrs.
Sonya B.	NWA	3/20	4 yrs.

We the members of the Cleansheet would like to take this time to thank all our readers, and to ask that you KEEP COMIN BACK. We would like to apologize to anyone we may have missed on their birthday.

THANK YOU
CLEANSHEET COMMITTEE

This letter was mailed to our region a year ago. What was the problem and why did it take the regional office a year to pass it on?

C.N HALL
12815 FERNWOOD
TURN
LAUREL, MD.
20708-2502

MARCH 28, 1994

GREATER PHILADELPHIA REGIONAL
OFFICE
6212 RIDGE AVE.
ROXBOROUGH, PA.
19128

Dear Sir:

I am thinking of visiting Philadelphia next month and

would appreciate a copy of your meeting schedule. Also I would be interested in subscribing to your newsletter, if you have one. Thank you for your time and effort.

Gratefully,
Charles N. Hall

I think if we are practicing principles we would have gotten this letter in time to send our brother the things he needed to make his stay in our city a little better.

Cleansheet Chair

FIGHTING THE GILA MONSTER

I was driving one day in rural Arizona, between Cottonwood and Cornville, when I saw several people in the middle of the road motioning to me to slow down and pull over to the shoulder. In the middle of the road there were several people with brooms sweeping something up. "A wreck," I thought to myself. So, with time on my hands, I fell back on one of my character defects and began to take their inventories.

There was an old cowboy with his jeans hanging so low that you could see more than you cared to. He was driving a beat-up old truck that was held together with bailing wire. Another newer truck, a four-wheel drive with huge tires and a dirt bike in the back, must have belonged to the shirtless young studs with sun-glasses. They were checking out two well-endowed teenage girls who must have been driving daddy's caddy. There was also an older couple wearing polyester and driving a Travel-All pulling a trailer with Minnesota license plates.

"What an odd group," I thought. "Ahh, the brooms must have come from the trailer. Wait! They aren't using those brooms to sweep up glass; they are using them to shove a gila monster across the road!" (For those of you who may not know, a gila monster is one of two types of poisonous lizards in the world, both of which live in Arizona and both of which are protected by state and federal laws.)

Here was a group of people who seemed to have nothing in common, but had banded together for a common goal; to chase that gila monster across the road. It then dawned on me just what I had seen I had been looking only at these people's differences, not at what they had in common.

Narcotics Anonymous is much like this to me. If I seek to find them. Maybe I don't like this person's car, or the way someone else styles his hair. No matter what differences we may have, we still have some very basic things in common. First, our disease: addiction. Second our recovery. If we keep looking for differences, all we will have in common is our disease and how we feed it.

In NA we seek each other out. We band together to chase that gila monster (our disease) across the road no matter what other differences we may have. We have a common cause: recovery.

Oh yeah, the gila monster. Well once those people got it across the road, wouldn't you know, it decided that it liked the other side better and crossed over again.

DB, Arizona

Reprinted from OCTOBER NA
WAY

FOR A PROBLEM WITH DRUGS
CALL THE NA HOTLINE
(215) 440-8400

NA REGIONAL PHONELINE OFFICE OF THE GREATER PHILADELPHIA REGION
(215) 509-7830 (215) 509-7831

BE A VOLUNTEER ON THE HOTLINE. CALL THE REGIONAL OFFICE
PHONE LINES
PENNSYLVANIA

PHILADELPHIA.....	215-440-8400
LOWER BUCKS.....	215-943-8866
UPPER BUCKS.....	215-871-9263
CHESTER COUNTY.....	215-334-3250
DELAWARE COUNTY.....	215-534-9510
LACKAWANNIA COUNTY.....	215-963-0728
MONTGOMERY COUNTY.....	215-469-2826
WILKES-BARRE.....	215-444-9999
DELAWARE	
NEW CASTLE COUNTY.....	302-429-8175
NEW JERSEY	
NEW JERSEY.....	1-800-992-0401
OUTSIDE JERSEY.....	1-908-462-9199

CLEANSHEET PHONE NOS.

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MEMBERS: TIM BUCKS 949-9499
CHRIS SWANA 992-900

If you have something you want to see in print, give us a call.