
TO ALL of YOU

Thank you Narcotica Anonymous. Because of you I'm celebrating another year clean, another year of growth and new awareness, another year of promises fulfilled and hopes renewed.

My first year in recovery you gave me a place to call home. You gave me identification and an opportunity to finally feel "a part of," instead of "apart from." You gave me a sponsor to help me learn how to work the steps as best I could. You gave me the freedom to choose a God of my understanding, enabling me to do my first Fourth and Fifth Steps. You held my hand when at nine months clean, I wanted to use to numb the pain of reality.

During my second year in Narcotics Anonymous you trusted me to be secretary/treasurer for my home group. You helped me to understand the "therapeutic value of one addict helping another" by encouraging me to become a sponsor. The love and acceptance you shared enabled me to make amends for breaking anonymity and taking inventory. When the desire to use returned at eighteen months, you reminded me that it would pass, and it did.

Three years into the fellowship you gave me the faith to move to a new town with the promise that the love and message would not change—only the faces. You reminded me to be openminded. You taught me that, just as a newcomer has to identify and not compare my new group with my old group. You gave me enough trust to ask someone new to be my sponsor and to use that person when the "crazies" hit me at three and a half years clean. You taught me to reach out and build a support system of recovering friends to help me grow and stay clean in a new place.

At four years clean you were my safety net when I plunged into a suicidal depression. You patiently waited as I isolated myself from old friends, too full of false pride to ask for help. As I slid down from Step Twelve to Step One you showed me the bridges that still there from my previous recovery and friendships and allowed me to go back to them for help. You kept the light at the end of tunnel glowing bright enough so I wouldn't lose hope and go back out, or worse yet, die. When I finally hit my knees in surrender, your strength, acceptance, and understanding helped me start over again at Step One.

During my fifth year you taught me the necessity of sharing all of me my pain and fear, as well as my growth. You brought me lots of recovering addicts to sponsor, to love, and to learn from. Your message of hope and freedom grew from one N.A. meeting a week to four. For the first time I began to work all of Step Eleven and saw my spirituality blossom into patience, love, faith, and serenity. A lot of childhood issues regarding sexual abuse were revealed for the first time in my recovery after working the steps again with yet another sponsor.

My sixth year clean you saw me through two major surgeries and taught me much about being responsible for the medication I receive in recovery and how much pain I can really tolerate. You reminded me to depend on God to take care of me through illness. you were there for me in full force with phone calls, prayers, visits, and cards. You reminded me to be grateful during my recuperative stays at home when I felt self-pity and frustration constantly. Until I was well enough to go to meeting, you brought your message to me through the Basic Text, Meeting by Mail, NA WAY, and the telephone.

Now I'm getting ready to celebrate seven years clean. When I first met you, all I wanted to do was quit using drugs. (No wonder you just smiled at me and told me to keep coming back.) What you've since given me I could never repay. You've shared a set of principles with me that have forever changed my life. You've walked me through them over and over with love, humor, and honesty. You've never abandoned me. My life is filled with special recovering friends with whom deep bonds have been forged. You've brought so many ;precious gifts into my life.

Because of you, Narcotics Anonymous, I didn't give up on my marriage and am getting ready to celebrate my eleventh wedding anniversary with a loving and spiritual person who also found recovery in our fellowship. Because of you, I have a beautiful and healthy daughter to love and nurture as you have done for me.

You've embraced my pain and fear and made them your own so I no longer have to carry them alone. You rejoice in my happiness and good fortune. You encourage me.

Because your message of recovery has never changed, I'm finding new levels of freedom, balance, self-acceptance, and gratitude in my life today. You've given me the chance to unearth the beauty of life that was being buried underneath my disease of addiction.

I still have a long way to go to cut and polish all the diamond-like qualities in me that are in each of us, but I have the tools and courage to do it. You've transformed my life from one of despair to one of hope. Thank you N.A. Happy birthday to us.

ANONYMOUS

Reprinted from November '93 N.A. WAY

STRANGER

Stranger, how far have you walked?

Have you seen the promised land?

Do you hold the answers, in the clutches of your hand?

The road that leads to no-where, and it never meets it's end.

Can be so dark and lonely,

If you haven't found a friend.

Stranger, sit and rest,

You have done you time today

How can you face tomorrow?

IF YOU ALWAYS TURN AWAY,
IT SEEMS AS IF I KNOW YOU,
BUT I CAN NOT SAY FROM WHERE.
MAYBE IT'S MYSELF I SEE,
IN YOUR COLD, UNMOVING STARE.

Stranger, take your time and soon,
You'll find the truth you need;
The mighty oak inside your soul,
Must first start with the seed.
MICHEAL W. (WOOF-WOOF)

I WEATHERED THE STORM

There was situations in my life
that filled my whole being with fright
I struggled, I wanted to continued to fight.

I came to the rooms filled with scorn
Somehow, I weathered the storm
From day to day my heart ached with pain
I had a decision to make, I was going insane.
I reached out to other recovering addicts
I held on to their hugs
I was becoming erratic.

I cried and prayed for willingness to let go,
They said keep coming back there's more,
You will know

They comforted me with love and care
"hold on" they said "don't go anywhere"
They shared their experiences with honesty
From their guts, holding nothing back
I kept coming back.

Not caring what others thought or said
I just wanted to be free of the
pain in my heart and head

I don't know exactly the day
I was set free
But they helped me to be me
It took sometime and I was worn
But somehow, I weathered the storm.
My heart became light
I began to feel so much better
It may have happened at night,
A feeling of freedom was born
Or it may have happened at morn
However and whenever with N.A.
I weathered the storm.

CYNTHIA F.

Memories creep
they allow us to weep
For yesterday's sorrow
and today's pain.

Then for the joys of many tomorrow's
at times the pain is so great
But we can't for if we do
the pain and sorrow will
blind us to our HIGHER POWER.

DEBORAH D.

A NEW DAY

When I awake in the morning I don't know where to start,
One thing for sure I don't have to feel apart,
Of old people, places, and things;
Hold up, let's see what the miracle brings.

I can speak my mind to you or whomever,
With my friends in N.A. I know I can weather...
...the storm that is so very rough.
I'm allowed to get in my gut about a whole bunch of stuff.

If I put it out there and repeat it and repeat it,
It will be my addiction I have just defeated;
No one can take my clean time except the God of my understanding
That's why I need to have my Serenity Prayer always handy.

Can I have a hug because I'm feeling kind of down?
hey let's go make that meeting on the other side of town.
Would you like sugar with that coffee and cream?
I didn't think I'd have friends like you in my wildest dream.

One day at a time is all that I hear
Just for today I no longer have to fear.

LARRY Q.

A DIFFERENT WORLD

Narcotic Anonymous for me is different from anything I
ever experienced in my life. The atmosphere is truly awesome!
People actually love me and care about me with no strings
attached. I can talk about anything from my drug problem to
what's going on with me. I can be myself, without the masks.
When I let people know what's up with Wali, people do listen
and sometimes give me the help I need. People don't try to tell
me what to do, instead they give me suggestions. Narcotics
Anonymous doesn't follow rules or laws like society, instead
there are guidelines called Traditions. We follow them to the

FIND A WORD AND SUBSCRIPTION FORM

N.A. FIND A WORD

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

ACCEPTANCE
ANNIVERSARIES
ANONYMOUS
CREATED
DEFECTS
DEGRADATION
DETACHED
EGOS
ENDURANCE
EVENTUALLY
ESCAPE
EXIST
EXPERIENCE
HALT
HAPPINESS
HAPPY
HOLIDAYS
HOPE
INVENTORY

LUXURY
MACHO
MESSAGE
NEVER-ALONE
PAMPHLET
PRAY
PREACH
PREVIOUSLY
REPEAT
RESPECTED
RESPECTED
RUSH
SADISTIC
SPONSORS
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VALUES
VERSATILE

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DEBRA R.

best of our ability. No one gets locked up or kicked out of N.A. for breaking a tradition. Traditions protect us from us. "Principles before personalities" is why they work. The steps help us with our personal growth and recovery. We learn to deal with a mixed up and often hostile world known as society. Even though we can't change the world, we learn to deal with and become productive members. Sure N.A. is not a perfect world, but compared to society it's definitely **"A DIFFERENT WORLD!"**

By Wali

OVER AGAIN

Infuriating madness
I am lost inside a crowd...
...I somehow find the joy of pain,
and wash myself in tears.

Confusion bows it's shameless head,
and fear becomes my stiffened bed-
If only I were sane somehow-
if only I were sane.

Sometimes my eyes see nothing
But the moments of my past-
And I shame myself for wishing
That the time I had would last.

Now I sit among the clouds
Whistling a tune you know..
...tell me mother, are you proud?
You are?
It doesn't show.
it does?
I wouldn't know.

SARAH D.

REGIONAL CALENDAR

DATE: JUNE 8	AREA: NWA	EVENTS: MARATHON AND DANCE LONNIE YOUNG REC. CTR. CHELTEN & ARDLEIGH MARATHON STARTS 10 AM DANCE 9 PM TO 1:30 AM
JUNE 26	WSW	BY NA MEANS NECESSARY ANNIVERSARY 59th & MEDIA ST. ROSA LIMA DOORS: 7PM
JULY 27	MONTCO	MIDNITE CRUISE PENNS LANDING LIBERTY BELL II DEPARTURE 12 MIDNITE

JULY 27,28,29 GPRCNA

CAMP OUT
HICKORY RUN STATE PARK
WHITE HAVEN,PA.

AUG 31 WSW

AREA CELEBRATION
COBBS CREEK
63rd & PINE

HEARTBREAK

Anger with no outlet
Lonliness with no victim or object
A song with no voice
A mother with no child

Love with no heart
Cold with out life
Life with out living
Caring with no care

Hatred with nothing on which to lead
Health with out healing
With in, without

Storm in the midst of calm
To be shallow without and deep within
To love one who hates
To hate one who love.

To give without giving
To give without giving
To get without receiving
To receive without getting.

To be sober without sobriety
To be clean without being pure.
To be
With
Without
Within.

By Laura N.

N. A. BIRTHDAYS

ERNIE E.	SWA	4/6	9 yrs.
WILLIS	SWA	4/12	1 yr.
JOHN A.	SWA	4/19	1 yr.
ALAN B.	SWA	4/23	2 yrs.
ALLEN T.	SWA	4/26	9 yrs.
GAIL R.	WSW	5/2	18 mos.
BOB J.	SWA	5/8	1 yr.
DICK R.	BUCKS	5/8	6 yrs.

N. A. BIRTHDAYS cont.

KAREN T.	ICA	5/13	3 yrs.
GEOFF A.	SWA	5/15	90 days
JERRY J.	ICA	5/15	2 yrs.
ALMEDA	P.O.F.	5/16	5 yrs.
ED F.	SWA	5/16	9 mos.
VANESSA S.	S P	5/17	1 yr.
CESSENLYN	P.O.F.	5/27	1 yr.
VINNY M.	SWA	6/2	11 yrs.
BORN EARTH	SWA	6/2	5 yrs.
GLADYS S.	WSW	6/4	6 yrs.
SARAH D.	SWA	6/4	1 yr.
JOSEPH T.	ICA	6/18	2 yrs.
MARY L.	SWA	6/24	2 yrs.
WILL L.	ICA	6/24	5 yrs.
HAROLD J.	P.O.F.	6/25	6 yrs.
NAT J.	P.O.F.	6/25	5 yrs.
TOM H.	SWA	6/29	2 yrs.
LONNIE Tee	SWA	6/30	2 yrs.
LISA N.	SWA	7/13	1 yr.
EVAN F.	SWA	7/27	18 mos.
JENA S.	SWA	7/29	1 yr.

THAT MAN AND ME

Each of us is an after thought, if we get lonely enough, to pursue. That man and me.

It's Sunday afternoon and even with this cold dogging me, I feel that serenity, that elusive peace that when it comes, it feels deeper. Like love, it wears on me as the relationship grows and what't so unbelievable is that I'm talking about the relationship I have with me.

I'm over him. I suspect I have been for some time. I just haven't come to a full understanding of it, being the first time I've come out a relationship in this manner. Still possessing deep feelings of love and no longer choosing to act on them; knowing in my heart of hearts if it ever could happen for him as it has for me, it would be just...exquisite. Acceptance..surrender..the realities of life surface and the beat goes on. It doesn't hurt anymore, unless I manufacture the pain. The tears don't fall fully down my cheeks and the constriction of my throat has long since been unleashed by the openness of my heart. This program has given me the spiritual freedom I always wanted, yet was too petrified to seek. And when the time come, and they do, when my grasp is shaky and my willingness short-reaching, there is inevitably another addict seeking recovery to wrap their arms about me in a hug...

By LESLEY B.

The Cleansheet is a product of the Philadelphia Regional Cleansheet Committee. Our primary purposes- "to carry the message to addicts who still suffering," and inform our members of N.A. news. The views expressed in the Cleansheet are those of the individual and not those of Narcotics Anonymous as a whole.

CLEANSHEET PHONE NOS.

CHAIRPERSON: WALTER D.

MEMBERS: TIM

CHRIS

JOSEPH T.

NWA 423-1124

BUCKS 949-9499

SWANA 992-9008

ICA 732-7819

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

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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
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NEW JERSEY

NEW JERSEY.....	1-800-992-0401
OUTSIDE JERSEY.....	1-908-462-9199