



THE

# CLEANSHEET

VOLUME II ISSUE 9 AUG/SEPT 96 N E W S L E T T E R

## CHILDREN: OF THE DAMNED?

### ANOTHER POINT OF VIEW

There was a letter printed in the "In Step" recently from a gentleman in Florida on regards to children attending N.A. meetings. It was obvious from this letter that its author was angry; but, he also raised some valid issues, that I would personally like to respond to.

In light of the fact that I am a single mother, I was upset when I first read this letter. Those of us who are parents know that there are times when we need a meeting; and we have no other choice but to bring the children with us. However, we have a responsibility to watch our children and not use the meeting as a babysitter. When my child was younger, if he couldn't settle down, that was my cue to take him outside. It never failed, someone would follow us outside; and, I would still have a chance to share.

Sometimes, I just need to see some friendly faces, if my sponsor was not available that day. Or, I just needed contact with other recovering addicts; and I needed some hugs.

There is a part of me that strongly agrees with the gentleman from Florida because I too have been in meetings where I've seen parents watching their children noisily acting out. I have watched people get up and leave meetings because in order to share we had to shout over the children. Thank God, that hasn't been very often.

However, when someone shares with me that my child is the reason that keeps them coming back, because this child accepted him so unconditionally when he was feeling so unlovable. It is then that I believe there is a place for our children at our meetings. When my child shares with me that he knows that he never has to use drugs because "drugs are death disguised as a good time" and because he is proud to be "a child of the program" then I know in my heart that I will continue to bring my child to meetings. The question here is this: could my child have obtained this knowledge if he hadn't attended meetings with me? Probably, because my circle of friends are mostly recovering addicts but who can say for sure that he could have learn the degree of caring and sharing that he has just from school or staying home with a babysitter. One thing for certain, I have rarely censored my sharing at meetings nor have I encouraged others-if he can't listen to it, then maybe I should be sharing it with my sponsor instead.

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For me, it is fascinating to watch how the children gravitate toward each other; and, how quickly their friendships are started. They are great examples for us. My child has even taught some of the children to behave as well. I am just a little more in touch with my Higher Power when I am reminded of the healing that takes place in families; and, I can see it first hand when parents bring their children to meetings once in a while. There is more than one side to this issue. You have to remember that there are people in our fellowship who do not like children; and, I have to respect their choice as well. So, I have learned along the way which meetings welcome children and which ones do not. It boils down to this; there must be a responsible adult watching out for children if they are brought to meetings and there are many positive reasons why children belong.

MICHEAL'S MOM

Reprinted from April 94 IN STEP.

### MY CLOSEST FRIEND

He brings forth a new day,  
No matter rain, snow, sleet or sunshine  
He always entwines.  
He allows me to live, eat, dress and sleep  
As He carries me through the whole week.

He allows me to recover with or without the love  
of my mother, father, sister or brother.  
He gives me openmindedness, willingness and honesty,  
For without these three it would be back to the old me.

Most of all He's always there to keep my soul free and  
clear.

For all of this keeps me happy.  
I hate to let go for it's the key.

But only God knows what's right for me.  
Now I must change willingly.  
Because nothing better than loving my recovery.  
So instant gratification you have to go  
So I can be me and free to grow.

By NEET '95

### HI FAMILY

I am a grateful recovering addict from New Jersey who would like to say N.A. works. After hearing in the program for 5 years I have learned to listen and listened to learn. Our service structure is in dire need of support. So if you want what we have and are willing to make the effort to get it please get involved in service. Because the only way you keep what you have is by giving it away.

IN LOVING SERVICE  
ROZ H.



## WE'ER ALL THE MOST IMPORTANT PERSON

Recently I joined a new home group called Basic Recovery. Since almost all of our members have over five years clean we are controversial group. Some concerned addicts believe that we are being selfish in attending this group. It is their contention that these "experienced: members would best serve the fellowship in the other home groups in our area.

I consulted my sponsor, hoping he could shed some light on this concept. He said that maybe we need each other.

After I gave it some thought a few questions came to mind. What motives did the members have for joining the group? Are the oldtimers being separated and discriminated against due to their clean time? Are other groups actually suffering due to a lack of experienced members?

I believe we are all addicts and therefore the same in that sense. Newcomers, oldtimers, and middletimers are words that cause separation. It says in the Basic Text that the most important person in any meeting is the newcomer. I think that an addict with three years clean could be suffering as much as any newcomer. It is sad that some addicts view us as those damn oldtimers who joined that group to keep all of the recovery for themselves. In being diplomatic and supportive we will find a lot more truth than being hostile and judgmental toward others. Recovery isn't easy. We can't afford to get diverted from our primary purpose: carrying the message to the still-suffering addict, no matter how long he or she has been clean.

Reprinted from NA Way July 94

SD, PENNSYLVANIA

## THE STRUGGLE

The fear of giving all that I have  
Dealing with issues of the past  
I struggle  
The fear of loving, trusting, and committing  
Allowing others in my life that are giving d  
I struggle  
Letting go of anger and resentments  
Searching for peace and contentment  
I struggle  
Wants and needs-sometimes the two bring confusion  
Dreaming and dreaming living an illusion  
I struggle  
To grow spiritually, completely be free  
To learn to pray, live just for today and to be me  
I struggle.

CYNTHIA F.

## 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.



TO ALL MEMBERS OF N. A.  
A MESSAGE FROM THE REGIONAL HOTLINE

The Hotline (215) 440-8400 is coming up on it's 1st. year anniversary and it has come a long way from the opening day when we turned it on and nothing worked.

It is now a fully operational hotline even though we are still going through growing pains. We would like to thank all N. A. members for their help and cooperation. Many problems have been solved by simply sticking together and working with one another in coming up with solutions.

The one area that we still need help with is in getting volunteers for the specific hours of 8am to 7pm, weekdays. These hours are very busy and need more people to cover them.

New technology is already allowing us to upgrade the system, which we hope to have in place by this winter, We believe that with patience and cooperation, that we will have one of the finest systems in the world. Once again we would like to thank everyone and if you have a year or more clean and would like to volunteer for hours between 8am and 7 pm please call: (215)440-8400 and leave your name and number.

IN LOVING SERVICE  
REGIONAL PHONELINE

I LOST A FRIEND

Upon my arriving at the fellowship of Narcotics Anonymous, I met a woman a lot older than myself. We immediately became friends. I never had a woman friend for real until I came to N. A. We shared some tears, laughs, meals, money, even baby-sitting. My friend was everything to me, but God saw fit to call her home. I say once, I say to you all- when its your time we all must go.

THANK GOD FOR LIFE AND FOR DEATH

RENEE  
REPRINTED FROM MAY '96 INTERCITY NEWSLETTER

RECOVERY IN

ABBOTTSFORD

IS HAVONG A 12  
HOUR MARATHRON  
SEPTEMBER 21,  
3228 MCMICHEAL ST.  
12 noon til 1 am

CLEANSHEET PHONE NOS.

CHAIRPERSON:	WALTER D.	NWA	423-1124
MEMBERS:	TIM	HUKS	949-9499
	LONNIE "IE"	SWNA	654-7511
	JOSEPH T.	ICA	732-7819

I would like my article printed in the regional cleansheet;date:\_\_\_\_\_

NAME:\_\_\_\_\_

TITLE:\_\_\_\_\_

I understand this article is now property of N.A. as a whole 'cause anyone in our fellowship can use it. Send: C/O Cleansheet 6212 Ridge Ave. Philadelphia, Pa.19128

**NEXT ISSUE: WHAT DO YOU THINK OF THE USE OF ROOTMAN IN THE FELLOWSHIP?**



Into my life came "crack"  
 It was not just a snack.  
 It became the full meal,  
 For me it was the only thing real,  
 But it made me lie, cheat, and steal,  
 I asked myself, "just what is the deal?"  
 This thing has taken me for a ride,  
 It has destroyed my pride,  
 I find there is no where to hide.  
 Crack is in every town,  
 To it I don't want to be bound.  
 Now things are OK  
 I've discovered N.A.

WAYNE

REPRINTED FROM "TOGETHER WE CAN"  
 APRIL '95

**FROM: NORTHWEST AREA**  
 Phoneline and PI sub-  
 committees are asking  
 area homegroups for  
 time slots to give  
 presentations for groups.  
 For infro contact:  
 DAN W. 849-6190  
 Loretta 844-3004

## FIND A WORD AND SUBSCRIPTION FORM

### N.A. FIND A WORD

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

ADDICTS  
 AGREE  
 ASSURED  
 ATMOSPHERE  
 BASIS  
 CALLING  
 CAPABLE  
 CELEBRATES  
 COMPARE  
 DELIBERATE  
 DEVELOP  
 DEVOTED  
 DRAMATIC  
 EMPOWERED  
 FATE  
 FIX  
 HALT  
 HAPPINESS  
 HOME

HOPE  
 INTANGIBLE  
 LEGITIMATE  
 LISTEN  
 LOAN  
 OPTOMISTIC  
 PERSONAL  
 PROFOUND  
 RELAX  
 REPRIEVE  
 RESTORATION  
 SIGNIFICANT  
 SOLO  
 SUCCESSFULLY  
 SUFFERED  
 TALK  
 TEACHERS  
 TELEPHONE  
 TRADITIONS

FIND A WORD REPRINTED FROM  
 'THE BRONX N.A. CONECTION'

DEBRA R.

FEBRUARY '96

SOUTH PHILLY AREA HOSTING A  
 CONVENTION: AUG. 2, 3, & 4th  
 Holiday Inn  
 10th and Packer



### N.A. BIRTHDAYS

MIKE W.	BUCKS	6/7	5 yrs.
BONNIE	ICA	6/8	9 yrs.
RON F.	SWA	6/8	1 yr.
MARION R.	SWA	6/10	2 yrs.
DARNEISE G.	SWA	6/13	1 yr.
LEONARD	NWA	6/15	9 yrs.
MIKE W.	SWA	6/16	7 yrs.
ANDRE D.	NWA	6/19	3 yrs.
EDWIN M.	NWA	6/20	1 yr.
MIKE F.	SWA	6/28	7 yrs.
LONNIE "TE"	SWA	6/30	2 yrs.
MIKE M.	SWA	7/5	1 yr.
DIANNE H.	WSW	7/7	2 yrs.
JOHN T.		7/7	3 yrs.
MARY D.	NWA	7/7	3 yrs.
WILL C.	POF	7/21	2 yrs.
KHADIJAH	NWA	8/1	3 yrs.
CINDY B.	ICA	8/4	2 yrs.
CAROL S.	NWA	8/12	3 yrs.
TONI G.	NWA	8/12	3 yrs.
OUMAR P.	SWA	8/14	9 yrs.
DONNA KAY B.	CAA	8/16	6 yrs.
RENEE	NWA	8/23	3 yrs.
MELVIN	ICA	8/26	11 yrs.
DAVID H.	NWA	9/1	2 yrs.
JANIX	ICA	9/5	5 yrs.
DAN F.	NWA	9/9	5 yrs.
MICHELLE B.	ICA	9/11	18 mos.
"TEE C"	RF	9/14	5 yrs.
CHARLES	NWA	9/15	6 yrs.
SALLY C.	ICA	9/20	4 yrs.
YVONNE F.	WSW	9/22	7 yrs.
DARYL C.	ICA	9/23	9 yrs.
HERBERT R.	NWA	9/27	4 yrs.
KAHALIL	SP	9/30	11 yrs.

The members of the Cleansheet would like to congratulate everyone who celebrated anniversaries in the pass four months.

### UPCOMING CONVENTIONS

GATE WAY TO FREEDOM II  
AUGUST 16, 17, and 18

CLEVELAND, OH.  
(216)883-4409

NEW BEGINNING VI  
AUGUST 16, 17, and 18

EAST RUTHERFORD, N. J.  
(201)676-4481

CENTRAL PIEDMONT AREA  
SEPTEMBER 27, 28, and 29

SALISBURY, N. C.  
(704)663-0560

NEW ORLEANS AREA

NEW ORLEANS, LO.

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THANKS FOR THE MIRACLE  
NOVEMBER 29, 30, and DECEMBER 1

CINCINNATI, OH.  
(800)228-3000

REGIONAL EVENTS:

DELCO AREA CAMPING OUT  
AUGUST 17, 18 and 19

WEST CHESTER KOA  
DAVE (610)284-5490

PURE AND SIMPLE AREA CAMP OUT  
AUGUST 16,17, and 18

TOHICKON VALLEY PARK  
DAVID M. (215)723-3453

NORTHWEST AREA PINIC  
AUGUST 17

AWBURY PARK  
HAINES AND ARDLEIGH

SVA UNITY DAY PINIC  
AUGUST 24

SALVATORE PACHELLA FIELD  
HENRY AVE. AT LIVEZEY AVE.  
MISSY T. (215)482-1819

**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.....	610-334-3250
DELAWARE COUNTY.....	215-534-9510
LACKAWANNIA COUNTY.....	215-963-0728
MONTGOMERY COUNTY.....	215-469-2826
WILKES-BARRE.....	215-444-9999
PURE AND SIMPLE.....	215-871-9263
	DELAWARE NEW
CASTLE COUNTY.....	302-429-8175
	NEW JERSEY
NEW JERSEY.....	1-800-992-0401
OUTSIDE JERSEY.....	1-908-462-9199



## REGIONAL PHONELINE OFFICE

6212 RIDGE AVE. (REAR)

Philadelphia, PA 19128

(215) 509-7830 or (215) 509-7831

**HOTLINE #**  
**AREA CODE (215)**  
**440 - 8400**

### TO ALL PHONELINE VOLUNTEERS

HOTLINE VOLUNTEER

12 STEP VOLUNTEER

DOES YOUR PHONE HAVE

CALL WAITING

TOUCH TONE

IDENTA RING

CAN YOU AFFORD IDENTA RING

YES

NO

DO YOU LIVE IN THE 215 AREA CODE ?

YES  NO

WHAT AREA CODE DO YOU LIVE IN ?

WHICH NA AREA IS YOUR HOME GROUP IN ?

WHAT IS THE NAME OF YOUR HOME GROUP ?

DO YOU HAVE ANY PRIOR NA PHONELINE EXPERIENCE

YES  NO

ARE YOU WILLING TO ATTEND A TRAINING SESSION ?

NAME :

ADDRESS :

AREA CODE

PHONE # :

DAYS AVAILABLE :

HOURS AVAILABLE :

CLEAN TIME

UNDER 6 MONTHS

OVER 6 MONTHS

OVER 1 YEAR

THIS INFORMATION IS FOR THE CONFIDENTIAL USE OF THE NA REGIONAL PHONELINE COMMITTEE IN EFFORTS TO HELP THOSE WHO STILL NEED  
GET HELP IN NA RECOVERY. THANK YOU FOR YOUR PARTICIPATION AND SERVICE -- NA GREATER PHILADELPHIA -- REGIONAL PHONELINE

**PLEASE RETURN THIS FORM TO THE REGIONAL PHONELINE**  
**OFFICE AT LISTED ADDRESS ABOVE. THANK YOU.**