

PHILADELPHIA REGIONAL CLEANSHEET

L E T T E R

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DEC. '96/JAN. '97

"NEVER ALONE AGAIN"

THE EYES ARE ON: "SELF-LESS SERVICE"

THE FOLLOWING ARTICLE IS REPRINTED FROM THE N.A. POST PUBLISHED IN NEW YORK CITY.

What is "self-less service?" The dictionary defines service as "assistance to another, an act of kindness." Self-less is defined as "regardless of self, unselfish." Accordingly we can conclude that self-less service means kind assistance to others without regard for self.

Self-less service is an integral part of N.A.'s existence. Self-less service is part of the N.A. foundation and the principal of Step 12. Whether it's the individual, the group, the area, or the region, self-less service is what keeps N.A.

functioning as a whole and enables the message of hope and recovery to be carried to the still suffering addict. Self-less service brings N.A. meetings to jails, recovery houses and hospitals FREE of charge. Through self-less service, N.A. is able in many places to maintain a 24-hour telephone helpline, with addicts prepared to freely give assistance to those seeking help. The Basic Text says, "It's a privilege to respond to a cry for help."

Service work keeps many addicts clean. "We can only keep what we have by giving it away. God helps us when we help each other."

When addicts make and

KEEP commitments, they give themselves an opportunity to enhance their recovery and growth, as well as helping others by acting as spiritual instruments of their Higher Power. Through empathy, relating experiences both painful and joyous, addicts re-live the pain, misery and suffering of the past which aids in living a clean and drug-free life. The Basic Text says, "The joy we have in living clean is an attraction to the addict who still suffers."

"The group is the most powerful vehicle we have for carrying the message." The message is simple...it's hope and the promise of the freedom from active addiction. The group is where self-less service begins. Whether it's the ABC's (ashtrays, brooms and chairs), hospitality, or chairing a meeting, service begins in the group and moves downward to the World

Service level. Everyone is encouraged to get involved and are welcomed. In quoting in Basic Text, "By helping others we find the reward of self-respect." Many addicts come into the rooms with little or no self-respect or self-esteem. The Basic Text tells us how self-respect can be retrieved.

Tradition 5 in the Basic Text says, "Our primary purpose can only be to carry the message to the addict who still suffers because that is all we have to give." The greatest way to carry this message is through service. In giving advice we can lose the respect of the newcomer. But giving time and energy to carry the message builds respect and strengthens recovery.

In closing, I want to share our Service Prayer with you. This prayer is a reminder that there's is but one ultimate authority (a loving God), who's will is always with us in service work.

"GOD, GRANT US KNOWLEDGE THAT WE MAY SERVE ACCORDING TO YOUR DIVINE PRECEPTS. INSTILL IN US A SENSE OF YOUR PURPOSE. MAKE US SERVANTS OF YOU WILL AND GRANT US BOND OF SELF-LESSNESS, THAT HIS MAY BE TRULY YOUR WORK, NOT OURS_ IN ORDER THAT NO ADDICT, ANYWHERE, cont. On page 2

PHILADELPHIA REGIONAL CLEANSHEET

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NEED DIE FROM THE
HORRORS OF
ADDICTION.

“THE RELAPSE”

It only lasted for a day,
I didn't think anyone
would miss me.
I was gone for twenty-
four hours anyway.
I didn't hear the phone
calls my friends warning
me.

They were trying to tell
me not to go
That they needed me
around to help them
grow,
That if I left the pain they
would feel
I had been there for them
as they began to heal.

As I write this poem I
want you all to know
That if you're in the
rooms we don't want
you to go,
“If nobody has said they
love you, we do.”
We may not have got
cont. In next column
around to telling you
yet.
We'll all miss you, if you
should go.

The pain may be great if
you've already been
there,
We want you to know that
we're still here.
Our love can only go as
deep as you allow,

If you keep us out, it's your fault that
you're still out there,
We can only love you if you allow us in.
We'll be here for you anytime of day or
night.

WALTER D. NWA

ARE YOU CLEAN IF YOU SMOKE?

REPRINTED FROM: N.A. WAY AUG. 96

Recently, I heard someone accuse our
trusted servants of not dealing with whether or
not using nicotine constituted a relapse in NA
because they feared “political repercussions.”
There are other good reasons for opposing the
view that using nicotine means one has
relapsed. My own reason (as a non-smoker
who allows no smoking in the house or car and
who attends all non-smoking meetings) has
nothing to do with political repercussions.

I believe that once we remove drugs from
the picture, we are left with the disease of
addiction to be treated through meetings,
sponsor-ship, and the steps. Throughout the
process there are numerous ways the disease
seems to thrive. Very notable ways are sex
addictions, food addictions, gambling,
smoking, even excessive coffee drinking.
Sexual addiction, it could be argued, is in some
sense a form of drug addiction, because the
addict compulsively pursues behaviors that
release chemical substances that are mind and
mood-altering. Smoking is clearly a behavior
that involves ingesting a drug addictively.

The problem, though is that as soon as we
start to use these arguments to muddy the
water of what constitutes total abstinence
(admittedly already a bit gray), we've taken a
step on a slippery slope that will make it
virtually impossible for anyone to have any
clean time. We will have taken a perfectly
useful and readily definable concept-total
abstinence as we understand it right now- and
rendered it so hazy as to be useless.

Our experience as a fellowship suggests
that when we abstain from drugs, i.e., pot,

alcohol, Valium, cocaine, heroin-common
sense will help anyone complete this list- and
pursue the lifestyle of recovery, we open the
door to systematically addressing all the other
ways our addiction seeks to thrive. That list
includes sexual compulsions, nicotine use,
gambling, addictive relationships, etc.,. There
are many things that alter the mood or suppress
feelings. My question to those who would
change our current understanding of total
abstinence is this: Why even go down that path
when we have a program that works beautifully
as it is?

RH, NEW MEXICO

“ATTITUDE”

REPRINTED FROM: THE
HEARTBEAT,
GLANA, Sept/Oct. '96

It is read every meeting, right there
in the middle of “How It Works”.
“There is one thing more than anything
else that will defeat us in our recovery;
that is an attitude of in difference or
intolerance towards spiritual
principles. It isn't drugs, it isn't
relationships, it isn't chocolate, sex,
money, or anything else physical, it's
attitude! It doesn't it doesn't says
might, it doesn't quote odds, it says it
will! I know this today because, like
many of my fellow addicts, I have let
my attitudes beat me up, shove me into
corners, make me miserable and cause
me pain and grief. And this has been
in recovery, with my cooperation.

Webster defines attitude as a
mental position with regard to a fact or
cont. On page 3

cont. From page 2
 state, and a feeling or emotion toward a fact or state. Attitudes that have done me dirt may vary in details, but have a common core. Just like the Basic Text states, "the attitude of indifference or intolerances", ahve a common core. Just like the Basic Text states, "the attitude of indifferences or intolerance", have time after time robbed me of serenity and recovery in my life. The attitude of indifference; which Webster defines as; "the absence of compulsion to or toward one thing or another", or intolerance; "the unwillingness to grant equal freedom to beliefs other than those that are already held by one being intolerant", toward spiritual priniciples are the enemy of my recovery. I have allowed attitudes of rage, attitudes of superiority over others, attitudes of inferiority over others, attitudes of hopelessness, futility, anxiety, resentment and more defeat me. The spiritual priniciples that are my defense are also named in the same paragra sph. They are honesty, openmindedness, and willingness. Without them, I amdefeated before the first step is taken.

ANONYMOUS

COUNTING MY BLESSING

I'M COUNTING MY BLESSINGS
ONE BY ONE

I CAN FINALLY SEE THE SUN.

I'M COUNTING MY BLESSINGS
EVERY DAY

EVEN WHEN I DON'T KNOW WHAT
AHEAD MY LAYS.

I'M COUNTING MY BLESSINGS
WHEN I FEEL DOWN AND UNDER
EVEN WHEN I KNOW THERE WILL BE
TRIGGER.

I'M COUNTING MY BLESSINGS
WITH GRATITUDE

KNOWING THAT TODAY I DON'T HAVE TO
USE.

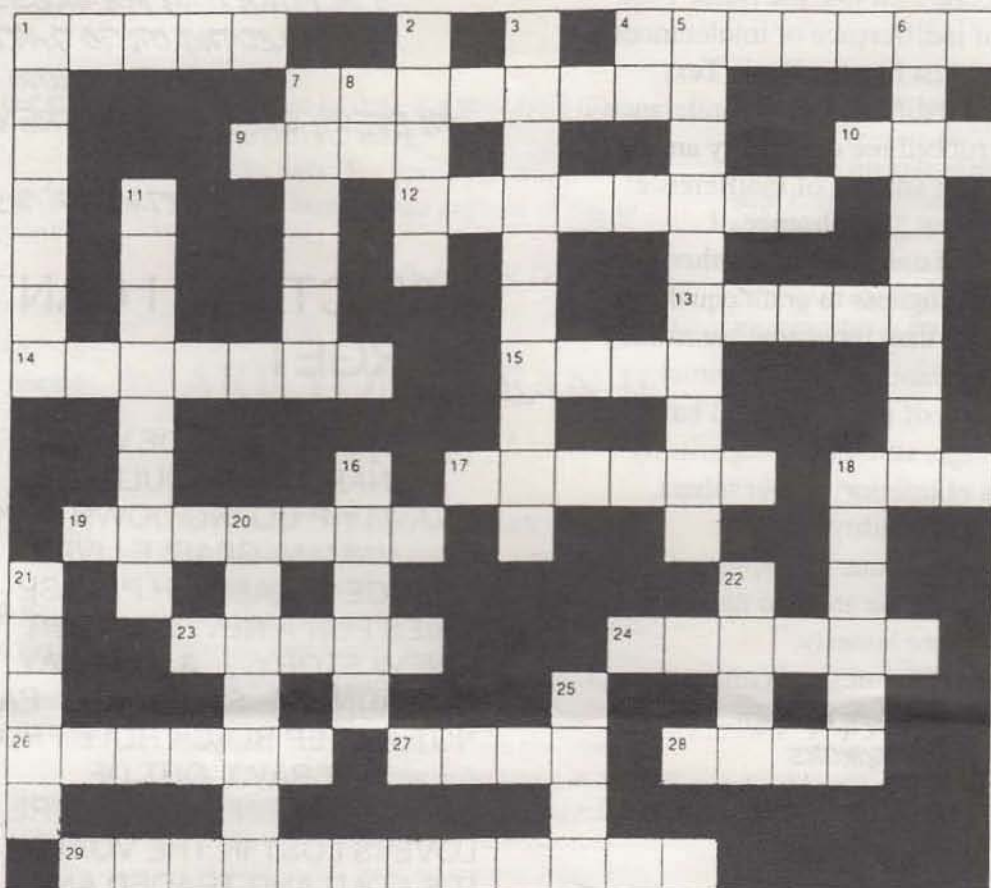
I'M COUNTING MY BLESSINGS
HOLDING ON TO FAITH
BECAUSE I KNOW.

IN EVERY BLESSING THERE'S TRULY A
LESSON.
CAPTAIN A.F. WSW

ADDICTION: I CAN'T FORGET

TIRED PAIN A TON OF WEIGHT ON
 NARROW SHOULDERS
 GRAVITY PULLING DOWN MAKING ALL
 UNMANAGEABLE LIVES
 CHANGE PLEASE OH PLEASE-- MY
 CRIES FOR A NEW CHAPTER
 A NEW STORY.....A NEW DAY
 NO SADNESS--SADNESS PASSESS
 NOT A DEEP BLACK HOLE FROM WHICH
 TO CRAWL OUT OF
 MIRACLES DON'T EXIST HERE
 LOVE IS LOST IN THE VOID
 IT'S SOLD AND TRADED AND
 BARTERED FOR.
 SO PLASTIC, SO PHONY-CHANGE PLEASE
 OH PLEASE
 FEAR SITS ON THE THRONE
 SECOND BY AGONIZING SECOND RULES
 LONINESS IS THE VITAMIN THAT IS
 INGESTED DAILY
 YEARNING TO SATISFY THE HUNGER
 THE HUNGER GROWS DAY BY DAY
 ALWAYS FAMISHED FOR EXCESS
 LIKE THE LION WHO KILLS AND EATS AND
 KILLS AGAIN
 I EXERCISE MY MUSCLES IN FUTILITY
 I CRIED CHANGE PLEASE OH PLEASE
 TONY H. BUCKS CO.

HEY, IT'S A CROSSWORD PUZZLE!



ACROSS

- 1 Work the _____
- 4 Addiction is a _____
- 7 There is a _____
- 9 Take my will and my _____
- 10 The _____ is dead! We do _____
(With 14 Across)
- 12 Our disease can be _____
at some point and recovery is
then possible
- 13 Most of us do not have to think
twice _____ this question
- 14 See 10 Across
- 15 Read the basic _____
- 17 Our _____ should
come first. (With 19 Across)
- 18 _____ and became willing to make
amends to them _____
- 19 See 17 Across
- 23 _____ regardless of age, race,

sexual identity, _____ religion or
lack of religion

- 24 I will try to _____ it to the best of
my ability
- 26 The only to keep from returning to
_____ addiction
- 27 We made direct amends to _____
people
- 28 We _____ slowly committing suicide
- 29 ...to remove our _____

DOWN

- 1 Call your _____
- 2 Our goal is to stay _____
- 3 N.A. is a program of _____
not promotion.
- 4 Chapter Five: What Can I _____?
- 5 There are no _____ dues of
fees...

6 This is a simple _____ not
religious program

- 7 Keep it _____
- 8 Addiction is a disease _____
denial
- 11 The _____ is the most
important person at any
meeting
- 15 This sounds like a big _____
and we can't do it all at once
- 18 _____ may join us...
- 20 Narcotics Anonymous should
remain _____
nonprofessional
- 21 _____ keep an open mind and give
yourself a _____
- 22 There is one thing more than
anything _____ that will defeat us
in our recovery.
- 25 _____ at the end of the road...

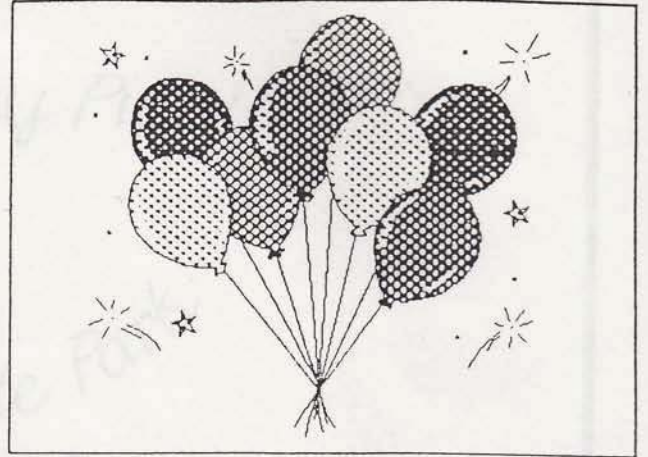
NA

MESSAGE OF HOPE
GROUP

WHERE: The Pincuss BLDG.
Ford & Monument Rd.
(in back of Belmont
Rehab.)

WHEN: SUNDAY'S

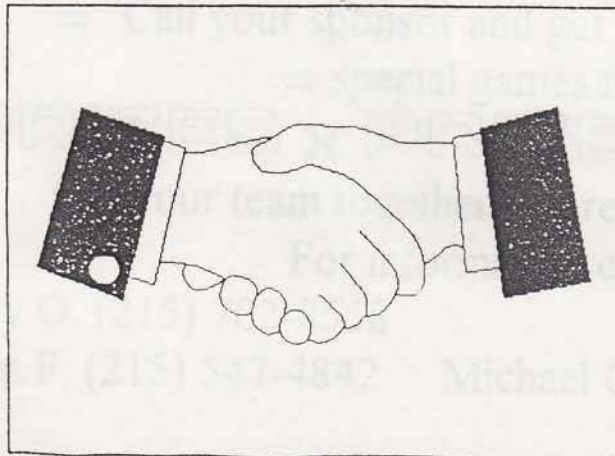
TIME: 7:30pm



COME AND GET A MESSAGE OF HOPE!!!!!!

WE ARE IN DIRE NEED OF SUPPORT AND EXPERIENCED
MEMBERS!!!

Special Events: Team Olympics & Volleyball
= Water Balloon Toss = Dog of War
= 3 Legged Race = Volleyball Tournament
= Can you sponsor and get a meeting? Race
= special games



MEETING MAKERS MAKE IT!!!!

Names: O. (215) Brian D. (215) 347-4017
Doreen P. (215) 347-4842 Michael (215) 658-3406 (Beeper)

FOOD SUN BELLFLOWERS

All Are Welcome

BUCKS COUNTY'S Annual
Memorial Day Picnic

at Tyler State Park

Hickory Nut Grove
Noon till Dusk

Adults \$ 5 / Children 12 & under \$ 2

Special Events: Team Olympics & Volleyball

- ⇒ Water Balloon Toss
- ⇒ Tug of War
- ⇒ 3 Legged Race
- ⇒ Volleyball Tournament
- ⇒ "Call your sponsor and get to a meeting" Race
- ⇒ special games for kids

✦ PRIZES ✦ PRIZES ✦ PRIZES

Get your team together and register at the picnic.

For information contact

Nancy O. (215) 702-8558 Brian D (215) 547-0176
Doreen F. (215) 547-4842 Michael G. (215) 658-3406 (Beeper)

FOOD □ **FUN** □ **FELLOWSHIP**

All Are Welcome

“NA BIRTHDAYS

GREGORY C.	PHILA.	10/1	8 YRS..
JANIE D.	NWA	10/4	4 YRS..
TONY	WSW	10/4	1 YR.
JON	WSW	10/5	8 YRS..
JESSE W.	WSW	10/6	1 YR.
PHIL A.	RIVERF.	10/6	6 MOS.
BILL M.	PHILA.	10/7	7 YRS..
SHAY	S. PHILLY	10/8	3 YRS.
SUE R.	BUCKS	10/8	10 YRS..
TRACY	S. PHILLY	10/9	3 YRS.
DAN M.	BUCKS	10/11	4 YRS..
VERA G.	NWA	10/14	60 DAYS
JAMAL W.	WSW	10/15	6 YRS.
LINDA B.	P.O.F.	10/17	7 YRS.
JIMMIE B.	NWA	10/17	4 YRS.
JEFF	S. PHILLY	10/19	4 YRS.
BRO JAMES	WSW	10/20	3 YRS.
BILL H.	S. PHILLY	10/21	8 YRS.
CHRIS	WSW	10/21	7 YRS.
LETTE	S. PHILLY	10/29	3 YRS.
SANDRA	WSW	10/30	5 YRS.
GAIL S.	CAMDEN	10/31	8 YRS.
WILLIAM S.	CAMDEN	10/31	5 YRS.
DARRYL L.	ICA	11/1	8 YRS.
JEFF C.	WSW	11/1	8 YRS.
DERRICK W.	CAMDEN	11/2	5 YRS.
GAIL	WSW	11/2	2 YRS.
HARRY	WSW	11/2	6 YRS.
JOHN O.	BUCKS	11/2	6 YRS.
VIOLA T.	NWA	11/3	90 DAYS
DONALD B.	SWA	11/4	3 YRS.
LOUIS	WSW	11/7	1 YR.
SHARY	WSW	11/7	7 YRS.
DARRYL	WSW	11/15	1 YR.
CARL G.	PHILA.	11/17	7 YRS.
MAURICE M.	P.O.F.	11/17	8 YRS.
VANESSA	WSW	11/17	18 MOS.
GEORGE W.	WSW	11/23	6 YRS.
RAY T.	SWA	11/25	4 YRS.
PEGGY T.	DELCO	11/28	12 YRS.
SID B.	WSW	11/28	3 YRS.
CINDI	WSW	12/1	2 YRS.
TYRONE D.	P.O.F.	12/3	5 YRS.
KIM L.	S. PHILLY	12/4	3 YRS.
DONNA F.	P.O.F.	12/6	6 YRS.
JACKIE D.	S. PHILLY	12/7	7 YRS.
BARRY	WSW	12/9	4 YRS.
FRED B.	S. PHILLY	12/10	3 YRS.
JERRY	S. PHILLY	12/10	5 YRS.
ARLENE	ICA	12/15	2 YRS.
GILBERT G.	ICA	12/15	7 YRS.
PETE	WSW	12/15	6 YRS.
DEBORAH F.	BURLINGTON	12/16	6 YRS.
MICHELLE	WSW	12/16	5 YRS.
GREG B.	ICA	12/17	12 YRS.
JAMES J.	P.O.F.	12/17	4 YRS.
NAT T.	S. PHILLY	12/17	6 YRS.
NICOLE S.	CSA	12/19	1 YR.
MIKE M.	CSA	12/20	2 YRS..

MARCELLUS H.	ICA	12/21	8 YRS.
JAMES G.	S. PHILLY	12/22	7 YRS.
JEFF	NWA	12/21	8 YRS.
MARQURITE	WSW	12/22	4 YRS.
NANCY F.	CSA	12/22	1 YR.
WALTER	WSW	12/23	2 YRS.
MELVIN S.	SVA	12/24	4 YRS.
DARLENE S.	CSA	12/25	5 YRS.
GREG R.	WSW	12/29	1 YR.
NAIM V.	NWA	12/29	8 YRS.
GEORGE B.	CAMDEN	12/30	11 YRS.
BYRAN	NWA	12/31	5 YRS.
VAL D.	NWA	12/31	1 YR.
PHILLIP B.	ICA	1/1	6 YRS.
NICHELE	S. PHILLY	1/3	6 YRS.
ANNE M.	ICA	1/4	7 YRS.
ROCHELLE	ICA	1/4	6 YRS.
PAULA D.	ICA	1/5	7 YRS.
PHIL S.	ICA	1/5	6 YRS.
WALTER D.	NWA	1/5	7 YRS.
SLESUDIN	S. PHILLY	1/8	6 YRS.
SHIRLEY H.	S. PHILLY	1/8	8 YRS.
MICHELE C.	P.O.F.	1/10	4 YRS.
CHARLETTE	S. PHILLY	1/12	7 YRS.
AUDREY	PHILA.	1/16	6 YRS.
SHANEK	S. PHILLY	1/16	7 YRS.
DAVE S.	BUCKS	1/17	7 YRS.
JOANNE L.	NWA	1/19	1 YR.
BEA	S. PHILLY	1/22	2 YRS.
LESLIE	S. PHILLY	1/22	2 YRS.
MELVIN R.	ICA	1/23	7 YRS.
MARIE	S. PHILLY	1/24	7 YRS.
NASI	S. PHILLY	1/26	6 YRS.

THANKS FOR ALL YOUR SUPPORT!!!

The Philadelphia regional Cleansheet is a function of the Cleansheet Sub-committee of the Greater Philadelphia Regional Committee. The propose of the Cleansheet is to provide it's members with news and to carry a written message of recovery to addicts. Views expressed in the Cleansheet are those of the individual and not those of NA as a whole. Please send your articles to: CLEANSHEET

c/o 6212 Ridge Ave.
Philadelphia, Pa. 19128

**IS YOUR AREA CHAIR DOING HIS/HER JOB?
THE ONLY WAY TO KNOW IS IF YOU ARE THERE.
NEXT REGIONAL MEETING:FEB. 1,1997**

**ROOM FOR RECOVERY CELEBRATING
THEIR 9TH ANNIVERSARY
DECEMBER 12,1996**

HOW SELF-OBSSESSED ARE YOU, CONT.

- 4. a. 10 b. 5 c. 3 d. 10
- 5. a. 10 b. 1 c. 3 d. 8
- 6. a. 10 b. 5 c. 1 d. 7
- 7. a. 1 b. 1 c. 4 d. 10

RESULTS:

7-15 points: You are extremely spiritually healthy and not in the least self-obsessed. You should immediately take on five more service commitments and three more sponsees.

16-40 points: This indicates a healthy degree of self-obsession. You think about yourself only about ten times more than the national average, pretty remarkable for an NA member. It would be a good idea if you were to phone your sponsor occasionally, but go to any such extremes as following direction.

40-69 points: You really are utterly self-obsessed. You obviously believe that other people think about you all the time. But what you don't realize is that they also have photographs of you in intimate and revealing situations. That makes you feel kinda squirmy doesn't it? Why don't you think about someone other than yourself for a change someone who owes you money, for example.

70 points: You are so self-obsessed that you have had to cheat. Unfortunately, you are also rather stupid, or you would have aimed for a low score instead.

T&S, UNITED

**KINGDOM
HANGING TOUGH GROUP OF NA
CELEBRATING IT'S 12TH
ANNIVERSARY JANUARY 22, 1997**

**ESSAY ON
RESPONSIBILITY**

BY: LORRAINE E. ICA

First I would like to apologize to the staff of the "R" house. I was caught in direct violation of a rule in the handbook, after the community spoke on it.

"There are no big I's or little U's," in other words we take it upon ourselves to do what we have to do. It does not make a community and we are not helping each other in our common cause which is recovery if I read the handbook inside out and know the rules and don't follow them. I took it upon myself to not go by my house rule book. I am writing this essay to thank those addicts who brought it to my attention. I was very comfortable with it, but not only is it dangerous, but not good parenting skill as well.

So I apologize to everyone in my community. I was at fault and it can help me. I would like recovering addicts to bring my addictive behavior to my attention when they see me in my addictive behavior. This was suppose to be a one page essay, but I find I couldn't sleep. I have to think that my higher power is trying to tell me something. Maybe it is for me to learn to practice what I preach. We are all adults here, for whatever reason God has put us all together and we're all accountable for our actions. This brings me back to the rule breaking of now, yesterday. The terms, 'dry snitching, narking rattting,' on each other came into play, none of which am I going to do. God brought us here, and as we go through our trials and tribulations He will let you know what you can do for Him. Addicts are suppose to be sneaky, stupid, slick, no good and not going anywhere, but I think not. My Higher Power brought me here. He wants me to utilize Him and the twelve steps, the things He has blessed us with. All I have to do is take the first step, which is to admit "we were powerless and our lives had become unmanageable." I ask each of you who are not serious about your recovery to start doing some serious soul searching and ask yourself, "why am I here." I had a spiritual awakening as well as a spiritual experience and I am scared. I plan to do some hard work here. Thanks for letting me share.

CLEANSHEET CONTACT NUMBERS:

WALTER D.	423-1124	NORTHWEST AREA
BOBBI G.	755-9008	SOUTH PHILLY
EDIE J.	223-1523	PHILADELPHIA
LONNIE T.	654-7511	SMALL WONDER
ZENOBIA	387-2335	WEST/SOUTHWEST
VICTORIA	228-6251	INNER CITY

WOULD YOU LIKE TO SEE YOUR POEM, ARTICLE OR ANY RECOVERY MATERIAL IN PRINT? CALL US WE'LL DO OUR BEST. IS YOUR HOMEGROUP HAVING AN ANNIVERSARY, LET US KNOW, WE'LL TELL EVERYBODY!

MANY DOORS, SAME ROOM

REPRINTED FROM: GRATITUDE SPEAKS MAY '96

We come together from everywhere, all walks of life. Some of us driven in by our disease, some forced in by the courts, others just seeking temporary relief from the storm. The one thing that striles me as I look around in meetings is that a more unlikely group of people together has never existed.

What we seem to share in common is, one way or another, we refused to accept reality. We had avoided feelings instead of simply acknowledging our feelings as part of life on it's own terms. For me, the most difficult thing I faced coming inyo the rooms,, was the simple fact I now embrace; I am an addict. I now take great comfort in the knowledge that I am powerless over drugs. I spent half my life in denial of this. Even more comforting is the understanding I now have, that I am powerless over people, places and things. I still need to be reminded of this on a daily basis, sometimes hourly.

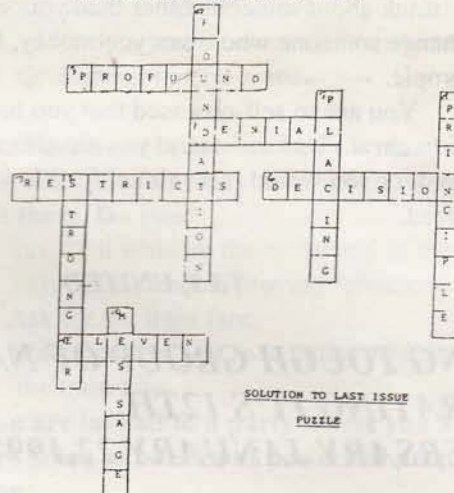
I need the meetings, my support group and the hugs and greetings I receive from them. Never in my active addiction would I have given any time to these people, let alone have them embrace me and tell me of their love for me. I am thank-ful that at this early part of my recovery I can now recognize I am in the process of making live long friends. Because of this program and working the steps, I know I have character defects that I am capable of allowing to become short coming right in front of your eyes. But because of this insight, I no longer hold my new friends to standards that would have allowed me in the past to discard them for being human, that is,

less than perfect.

Viva la difference!!! What makes this life worth while is the difference. What a boring world, it would be if we were the same. I am glad that your favorite color may very well be different that mine, or maybe you don't even have a favorite color. I am glad you have a completely different point of view. Because when you share with me your perspective, I get one more point of view, possibilibility, even another choice or option. I don't care what door you came through, I'm glad that you did, and that you are sitting next to me.

Ray K.

IT WORKS HOW AND WHY



SOLUTION TO LAST ISSUE PUZZLE

solution to last puzzle