

# PHILADELPHIA REGIONAL CLEANSHEET

Vol. II No. 13  
APRIL/MAY 1997

The Cleansheet is a produce of that sub-committee. Views expressed in the Cleansheet are those of the individual and not the Greater Philadelphia Region or N.A. as a whole.

## YOUR DRUG OF CHOICE

**HELLO,**

Have we met before? If not, let me tell you a little about myself. I don't share myself with just anyone. I pick only a chosen few who will appreciate me. And then only in the timing is perfect. I have to chosen you. For people like you are very special to me because it is your kind who are receptive to my many talents. You'll be very anxious to know me better and as soon as we touch, the physical attraction

between us soars.  
We'll continue our encounter, with me leading you down a path of pure physical ecstasy. You'll feel no shame at having gone "all the way" on your first date. All you'll feel is exhuberation. And you'll beg for more.  
At first, our

attraction will be purely physical, but you must realizethat this is a very important phase of our relationship. Be confident that it will grow into something much deeper. I am. As we get to know each other better, your interest will become emotional as well as physical. You'll learn to come to me with your problems. For not only will I help with them, but I will somehow take away their deep pain. I'll give you the best that I have, and I'll be patient. I'll know, in time that you will give yourself totally to me.

When you're with me you'll feel warm and secure. I will ease your mind, soothe way your troubles, and fill your soul with pleasure. With me, you'll feel as if you can conquer the world. As if you have a special key to happiness. You'll enjoy living again. I'll be the answer to your unspoken prayers. You'll soon wonder how you ever lived without me.

As our relationship grows, you'll start to exclude others form your life...but that's OKAY! You know that I can give you all you need. I'll be your lover, best friend and

### PHILADELPHIA REGIONAL CLEANSHEET

NARCOTICS ANONYMOUS  
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PHILADELPHIA, PA. 19128  
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## HAVE YOU THOUGHT ABOUT USING THE TOOLS TO HELP THE STILL-SUFFERING ADDICT?

There are addicts incarcerated who would like to  
have someone write them!

My name is Tyrone R., I am incarcerated at Sci-Somerset. I am expecting to get out of prison. It requires I have employment before I get out. I will be on parole from the state.

I write to find out if your program assisted ex-inmates in re-entrancing society? I'm willing to work any shift and do any kind of work. I am 43 years of age and have 4 children. I been incarcerated for 43 months.

I feel that I have payed my debt to society and now I would like to re-pay my community.

Any help you can give will be thankful.

Tyrone Robinson

Address letters to: Tyrone Robinson  
CE-4349  
16 Walters Mill Rd.  
Somerset, Pa. 15510

I am incarcerated in the Philadelphia Detention Center. I am a recovering addict and have no Basic Text. I would like to know if you could please send me a copy of it. I attend meetings here in the facility on Thursday nights and need help. Thank you.

Wayne G.

Address letters to: Wayne Green  
69045-E Dorm 304-20  
P.O. Box 6207  
Philadelphia, Pa. 19136

Or you can write to: Robert Brown  
682162A2-2  
CFCF 7901 State Rd.  
Philadelphia, Pa. 19136

They need us as well as the addicts inside the rooms of N.A.

## DEAD SOUL

Her spirit was explosive, with fire in her soul  
Her walk showed only confidence, her attitude was  
bold

Adventure sent her soaring, the risk gave her a thrill  
Some day luck's how she survived, she'd say it  
was skill.

Look into the mirror, who is that you see?  
A somber face and eyes so dull, she wonders who  
this could be.

Has her fire turn to ashes, has her spirit own?  
With others in the room with her, she still feels quite  
alone.

Is she trapped in this existence or can she still get  
out?

She lets the memory fade away, her confidence  
turned to doubt.

A long forgotten spirit has left her soul to die.  
The only thing that she can do is morn her life and  
cry.

Laurie K./SWA

## N. A. POETRY

*The intensity, the anger  
I am not alone, I have myself  
And I can choose to sit back even  
for the moment.*

*Getting rid of impulsiveness  
the emotional pain put to thought  
Having fought and reached for  
recovery.*

*N.A. and all forward.  
Jeffrey D.J./ Phila. Area*

## "THE GIFT"

I can hear it rise  
Through the pitch that is twilight  
I melt in the warmth as it's chariot lifts me higher  
I inhale that which is the breath of hope  
In all it's splendor and remarkable joy  
I can surrender myself to accept  
Into the abstract essence of sanity seeps  
While the fool thinks the monkey sleeps  
Believing the sun will rise  
Is faith in the Father in disguise

Dreams begin to brush delicately across a blank  
canvass  
Until my view is of reality--not rage  
Till my words from my heart to the page--are true.  
I don't always need to know what to do  
Always diseased but not always ill  
Turn over turn over  
For it's my God's will

TONY H./BUCK CO.

## WORD SEARCH

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

LOVE  
CARING  
EQUALITY  
FRIENDS  
JOY  
TRUTH  
COURAGE

GRATITUDE  
FEARS  
ANONYMITY  
HONESTY  
SPONSOR  
SHARING  
ACCEPTANCE

INTEGRITY  
UNITY  
PRAYER  
TRUST  
MESSAGE  
HOPE  
SHORTCOMINGS

TOLERANCE  
CONSCIENCE  
SERENITY  
SANITY  
SURRENDER  
MEETINGS  
STEPS

REPRINTED FROM: EVA MESA, AZ.



## “wake up ”

If only once when I was young,  
A loving brush against my brow  
If only then I would known  
The things that I know now.

Perhaps it seems I justify  
The measures that I've taken to,  
But after all tis only me,  
Who knows what I've been  
through.

I call myself “uniquely sane”  
Pretending that I know the  
answers  
Finding peace within the rain  
And moving different from the  
dancers.

It may be that you and I  
Are more alike than it may  
seem,  
Together now, let sit and try  
To convince ourselves-- it's just  
a dream.  
Sara D./Buck Co.

### **NOTICE: FURNISHED ROOM**

NORTH PHILLY AREA  
SHARE A HOME WITH  
ANOTHER  
RECOVERING ADDICT.  
NON-SMOKING HOME  
WASHER-DRYER ON  
PREMISES. 1 YEAR CLEAN  
EMPLOYMENT A MUST.  
CONTACT: YVONNE OR  
BUDDY  
1-610-859-0123

cont. From page one  
confidant. I will always  
be available when you  
need me. All others seem  
inadequate.

So we'll see more and  
more of each other and  
decide that it is really  
impractical not to live  
together. So we'll make  
that move, our life  
together will encompass  
many beautiful  
experiences. We'll do it  
all together. Swim in the  
ocean, picnic on the  
beach. Fly kites and  
whenever you feel the  
urge, we'll make love.  
Our relationship will be  
devoid of fights and  
arguments, I'll give  
myself completely to you,  
knowing I'll receive the  
same in return.

You'll soon realize  
that you've dedicated  
your life to me. It will  
happen before you know  
it. It sort of takes yu by  
suprise. And you'll  
wonder if maybe you  
should spend some time  
alone away from me.  
After all, people say  
everyone needs some  
time alone. Away from  
me. After all, people say

everyone needs some  
time alone even if they  
are in love. And, in fact,  
you are irresistably in  
love with me. So you vow  
to take some time alone,  
even though you don't  
really want to. You'll  
start out to spend the day  
in solitary adventure,  
doing something you've  
always wanted to do.  
After only a few hours,  
thoughm ou'll find that  
you're not really enjoying  
yourself. And realize that  
you miss me more than  
yu ever thought you  
could. You'll feel a  
terrible empty void  
without me and  
thinkabout coming back  
home. It makes you a  
little angry that you didn't  
keep the promise o  
yourself, but you  
rationalize that you don't  
have to come back home.  
Rather you just wanted to.  
The whole way home you  
tell yourself that if you  
really wanted to spend the  
day alonem you could...  
you could...you didn't  
want to.

When you walk  
through that door, it will  
cont. On next page

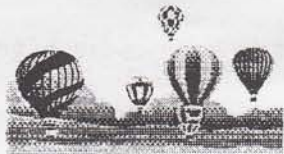
cont. From last page.  
do my heart with pleasure  
for I'd be hoping that you  
wouldn't spend the whole  
day away from me.

You'll come running  
to me, and I'll take you in  
my arms and hold you  
close. I

ANONYMOUS

## SOUTH PHILLY AREA

Will be forming a Convention  
Committee for their upcoming  
convention. They will be meeting at 7th  
and Synder at 6 pm on Sunday's.  
Look for more upcoming info.



LET'S SURRENDER GROUP  
IT'S 9TH ANNIVERSARY  
APRIL 8th at 8 pm  
59th and MEDIA  
DOORS OPEN AT 7

DECISION TO LIVE GROUP  
ANNIVERSARY AND MARATHON  
12 HOURS 9AM TO 9PM  
214 S. 45th STREET  
SECOND MILE CENTER

## N.A. BIRTHDAYS

KEVIN L.	ICA	9YRS.	2/17
ABU HASAYN	WSW	3 YRS.	3/1
JERRY L.	P.O.F.	2 YRS.	3/1
DIANA	WSW	9YRS.	3/6
KIMBER	WSW	1 YR.	3/7
CAROLYN	WSW	5 YRS.	3/8
ZAKIA	WSW	11 YRS.	3/15
CHARMAIN	WSW	6 YRS.	3/16

CONT. SAME PAGE 2, COLUMNS AWAY

## "SOME-TIMES"

*The time, what is time?  
N.A. gave me something  
They said was mine,  
The only person that  
could take it away  
is me. Myself.*

*Maybe a glass of wine  
20 days.....20 months  
It's all the same  
love me.....hate me  
Just like me.....keep me  
in mind  
help me.....save my*

---

*I keep my time.*

*I come to the fellowship  
in the wintertime  
I'm still here in the  
summertime  
I just don't want to be  
caught on up on ego-time*

*So what is clean time?  
Washin', eatin', feein'  
good  
Gettin' on the bus with  
carfare  
Hey, takin' the kids to  
school.*

*Time.....your time  
Cleantime  
Yes that's my time!!!!  
Stan/ ICA*



## NA BIRTHDAYS CONT.

CRYSTAL	ICA	3YRS.	3/24
SUSAN	WSW	3 YRS.	3/20
MARGARET	WSW	6YRS.	3/24
TERRI	WSW	6 MOS.	3/26
ALAN R.	NWA	4 YRS.	3/27
CYNMTHIA	WSW	5 YRS.	3/28
GREG	WSW	4 YRS.	3/28
JEWEL	WSW	5 YRS.	3/28
DARRELL	WSW	1 YR.	4/1
KEITH	WSW	2 YRS.	4/11
MARTIN	WSW	6 YRS.	4/16
TOSHA	WSW	1 YR.	4/23
PAT E.	NWA	5 YRS.	4/24
SHARON	WSW	1 YR.	4/28
WILLIAM	WSW	1 YR.	5/2
RON	WSW	5 YRS.	5/6

BUCKS CO. UNITY COMMITTEE  
REVIEW AND INPUT WORKSHOP  
ON STEPS 5 THRU 8  
APRIL 19 1PM  
4242 BENSALEM BLVD.

UNITED IN RECOVERY  
FIRST ANNIVERSARY APRIL 27th  
8 pm  
ZION LUTHERAN CHURCH  
JEFFERSON AND WOOD ST.  
BRISTOL BORO

ICA ANNUAL  
PICNIC IN THE PARK  
MAY 26th 10am to 6pm  
LEMON HILL

BUCKS COUNTY'S ANNUAL  
CAMP-OUT IN THE POCONOS  
HICKORY RUN STATE PARK,  
WHITE HAVEN, PA.  
JUNE 13TH, 14TH, and 15TH

## THE PROCESS OF LETTING GO

The process of letting go  
Is oh so very slow  
Seconds, minutes, hours, m or days of time  
That presses denial in the mind.

The process of letting go  
Is oh so very slow  
Has one wondering from day to day  
When and how relief will come your way.

The process of letting go  
Is oh so very slow  
Mainly because we hold on  
To the familair pain we know.

The process of letting go  
Is oh so very slow  
Especially when we hold on  
Overlooking the blessings  
And the sunshine that helps us grow.

Cynthia F./ WSW

### THE COMMITTEE:

<b>CHAIR:</b>	<b>WALTER D.</b>	<b>NWA</b>	<b>423-1124</b>
	<b>LINDA P.</b>	<b>S. P.</b>	<b>551-1620</b>
	<b>CYNTHIA F.</b>	<b>WSW</b>	<b>878-2339</b>
	<b>MICHELE C.</b>	<b>P.O.F.</b>	<b>457-9925</b>
	<b>VICTORIA</b>	<b>ICA</b>	<b>228-6251</b>
	<b>EDIE J.</b>	<b>RIVERF.</b>	<b>223-1523</b>
	<b>CHUCKIE</b>	<b>BUCKS</b>	<b>949-9499</b>

I AM ALLOWIONG THE "CLEANSHEET" TO  
PRINT THIS ARTICLE FROM MY PERSONAL  
EXPERIENCES.

NAME:-----  
ADDRESS-----  
AREA-----  
PHONE NO.-----  
SIGNATURE-----



## ONE ADDICTS THOUGHTS IN A DAILY INVENTORY

Today I'm going to attempt to do something positive for myself. I'm going to write down five thing about myself that I like. They are written as follows:

1. I like doing things for people, not so much as to get something in return, but just to be a good friend.
2. I like to make people laugh. Making people happy makes me happy.
3. I love to cook.
4. I love to sing and dance.
5. I like being with my family. To be with them is to love them.

And like most addicts, this addict added to her inventory and added,

6. I like to wrestle with my husband and daughter, "getting lumped up" is a lot of fun.

## ANSWERS TO LAST ISSUSE'S BRAIN TEASER

1. A man born in 1950. He died 50 years later in 1948. How is this possible?
  2. How close a relative would the sister-in-law of your father's only brother be?
  3. Is it legal for a man to marry his widow's sister?
  4. How many 3cent stamps are there in a dozen?
  5. In the Smith family there are seven sisters and each sister has one brother. Including both parents how many are in the family?
  6. When you take two apples from 3 apples, what do you have?
  7. A man falls off a fifty foot ladder and does not get harmed. How is that possible?
  8. A man facing south and turns 90 degrees and is still facing south. He is attacked by a bear. What color is the bear?
  9. What is the next letter in this logical sequene, O,T,T,F,F,S,S?
  10. A child on the beach has 6 sandpiles near the ocean and three near the the boardwalk. If he put them all together, how many sandpiles would he have?
- WE DON'T WANT TO GIVE YOU THE  
ANWSERS UNTIL NEXT ISSUE.  
THANKS FOR YOUR READERSHIP.**

THE CLEANSHEET STAFF '95- '97