

GREATER PHILADELPHIA REGIONAL CLEANSHEET

VOLUME 1, ISSUE 2

MARCH/ APRIL 1998

THE GREATER PHILADELPHIA REGIONAL CLEANSHEET REPRESENTS THE EXPERIENCES AND OPINIONS OF INDIVIDUAL MEMBERS OF N.A.. THE OPINIONS EXPRESSED ARE NOT ATTRIBUTED TO N.A. AS A WHOLE, NOR DOES ITS PUBLICATIONS OF ANY ARTICLE IMPLY AN ENDORSEMENT BY N.A. WE HUMBLY THANK THOSE WHO HAVE ALLOWED US TO REPRINT ARTICLES, INFORMATION, POETRY, AND PUZZLES FROM THEIR PUBLICATIONS.

BEING ABOVE GOSSIP, ESPECIALLY IN SERVICE!!!!

HOW MANY TIMES IN OUR RECOVERY HAVE WE MISUNDERSTOOD THE BEHAVIOR OF ANOTHER. IMMEDIATELY FORMED A JUDGEMENT, APPLIED A LABEL. AND NEATLY TUCKED THE INDIVIDUAL INTO A PIGEONHOLE? BUT EVERY TIME WE JUDGE THE BEHAVIOR OF ANOTHER, WE CEASE TO SEE THEM AS A FRIEND.

OUR BASIC TEXT TELLS US THAT "IN ACCORDANCE WITH THE PRINCIPLES OF RECOVERY, WE TRY NOT TO JUDGE, STEREOTYPE, OR MORALIZE WITH EACH OTHER." (P.11), AND ALSO THAT "IT WILL NOT MAKE US BETTER PEOPLE TO JUDGE THE FAULTS OF ANOTHER" (P.37).



HOWEVER, SERVICE CAN BRING OUT BOTH THE BEST AND THE WORST IN US. BUT IT IS OFTEN THROUGH SERVICE THAT WE BEGIN TO GET IN TOUCH WITH SOME OF OUR MORE PRESSING DEFECTS OF CHARACTER. WE SHOULD NEVER SHRINK FROM SERVICE COMMITMENTS. RATHER, WE SHOULD FACE WHAT WE MIGHT FIND OUT ABOUT OURSELVES.

IT IS CERTAINLY TRUE THAT ALL OF US ARE MISMANAGERS AND NOT ONE OF US IS CAPABLE OF CONSISTENTLY MAKING GOOD DECISIONS. BUT, WE SHOULD

NOT BE THE VICTIMS OF RAISED EYEBROWS, WHICH LEADS TO DEFAMATION AND GOSSIP. WHICH IN TURN CREATE DISUNITY. WE MAY BE UNHAPPY WHEN OTHERS GOSSIP ABOUT US. BUT IF WE WITHDRAW FROM THE FELLOWSHIP AND ISOLATE OURSELVES TO AVOID GOSSIP, WE ALSO ROB OURSELVES OF THE LOVE, FRIENDSHIP AND UNPARALLELED EXPERIENCE WITH RECOVERY THAT OUR FELLOW MEMBERS HAVE TO OFFER.

HOW EASY IT IS TO POINT OUT THE FAULTS OF OTHERS, AND TO DWELL ON THEIR MISFORTUNES. THE DEFECTS WE IDENTIFY MOST EASILY IN OTHERS ARE OFTEN THE DEFECTS WE ARE MOST FAMILIAR WITHIN OUR OWN CHARACTER, AND MAY NEED TO DEAL WITH.

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BEING ABOVE GOSSIP, (CONTINUED)

WHAT OUR FELLOW MEMBERS DON'T KNOW THEY WILL IMAGINE AND ASSUME. ALL OF WHICH ARE DESTRUCTIVE FORCES IN OUR FELLOWSHIP, CAUSING CHAOS AND DISUNITY AND ALTHOUGH DISUNITY IS AN OCCASIONAL FACT OF LIFE IN NA - WE MUST LEARN TO RESPOND IN A CONSTRUCTIVE WAY TO THESE DESTRUCTIVE INFLUENCES THAT ARISE IN OUR FELLOWSHIP.

BUT DON'T WORRY. WORRYING IS A LACK OF FAITH. WE HAVE THE FREEDOM TO CHOICE - AND IN EXERCISING IT, WE ARE CALLED ON TO WEIGH OUR OWN CHOICES AND ACCEPT THE CONSEQUENCES. THE CHOICE WE MAKE TODAY SHOULD STAND UP FOR WHAT WE BELIEVE IN - SERVICE TO THE FELLOWSHIP (NARCOTICS ANONYMOUS. WE'VE LEARNED TO CHECK OUR MOTIVES (ALLY IN SERVICE) THROUGH PRAYER, MEDITATION, STEPS AND WORKING WITH OUR SPONSOR AND SUPPORT GROUP. WE MUST DECIDE TO ACCEPT THE WAY THINGS ARE, THE WAY WE ARE, AND THE WAY WE ARE, AND TO CONTINUE TO LIVE OUR LIVES ACCORDING TO PRINCIPLES. THE MORE SECURE WE ARE WITH OUR PERSONAL PROGRAM, THE DECISIONS WE MAKE. AND THE GUIDANCE WE RECEIVE FROM A LOVING FELLOWSHIP. THE LESS OPINIONS OF OTHERS WILL CONCERN US.

"in accordance with the principles of recovery, we try not to judge, stereotype, or moralize with each other."

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ALL
PLES.
CI-
GOD.

BEING INVOLVED IN SERVICE MAKES US FEEL WORTHWHILE. ALWAYS HAS, ALWAYS WILL. IF WE TRULY BELIEVE THAT WE ARE DOING LOVING AND PROPER SERVICE - 'DOING THE RIGHT THING FOR THE RIGHT DECISION', WE WILL MAINTAIN OUR INTEGRITY, WHICH IS THE MOST CONSISTENT APPLICATION OF SPIRITUAL PRINCIPLES, NO MATTER WHAT THE CIRCUMSTANCES. THE OPINIONS OF OTHERS WILL NOT AFFECT OUR COMMITMENT TO RECOVERY, AND WE WILL STRIVE TO CONTINUE TO OFFER THAT SERVICE. WHETHER AT THE REGION, THE AREA OR IN OUR HOME GROUP.

ACCEPT YOURSELF AND THE WORLD EXACTLY AS IT IS. LEARN THAT CONFLICTS ARE A PART OF REALITY. AND LEARN NEW WAYS TO RESOLVE THEM. LEARN NOT TO BECOME EMOTIONALLY INVOLVED WITH PROBLEMS. DEAL WITH WHAT IS AT HAND AND TRY NOT TO FORCE SOLUTIONS... IF A SOLUTION ISN'T PRACTICAL. IT ISN'T SPIRITUAL. AND THEREFORE REMAIN OPEN AND AVAILABLE TO SERVE THE FELLOWSHIP YOU LOVE. IN WHATEVER WAY YOUR HIGHER POWER SEES FIT..

REPRINTED FROM THE BRONX NA CONNECTION, DEC. '97

MEETING CHALLENGES IN RECOVERY II

OUR PROGRAM, THE TWELVE STEPS, GIVES US THE TOOLS TO CHANGE

SO THAT WE DON'T RELAPSE. IT HAS BEEN MY EXPERIENCE THAT WHEN YOU WORK THE STEPS, YOU CAN'T HELP BUT CHANGE. THE STEPS DON'T MAKE ME PERFECT, BUT THEY HAVE SENT ME ON A JOURNEY FROM TOTAL SELF-CENTEREDNESS TO A GLIMPSE OF GOD-CENTEREDNESS. IT TAKES VIGILANCE TO PROTECT MYSELF FROM DROWNING IN THE WHIRLPOOL OF SELF-OBSESSION (ADDICTION). IN THE SIXTH STEP OF THE BASIC TEXT, IT SAYS, " WE NEED A PERSONALITY CHANGE IF WE ARE TO STAY CLEAN." I HAVE TO RELY ON GOD FOR COURAGE AND GUIDANCE ON A DAILY BASIS BECAUSE MY BEST THINKING BROUGHT ME TO THE PROGRAM OF NA AND I NEED TO AVOID MY BEST THINKING AT ALL TIMES. THANK GOD FOR NA. THANK GOD FOR THE STEPS. THANK GOD FOR SPONSORSHIP. THOSE ARE MY THREE INDISPENSABLES THAT PROVIDE ME WITH STRENGTH AND COURAGE TO KEEP HANGIN' ON. SURE, I GET STUCK AT TIMES. I RELAPSE ON OLD BEHAVIORS. I FALL OFF THE PATH. IF I DIDN'T, I WOULDN'T BE HUMAN. I WOULD BE A LIE. FAITHFULLY, THE PROGRAM OF NA IS ALWAYS THERE TO PICK ME UP AND DUST ME OFF. "NO MATTER HOW BAD OUR LIVES BECOME WE ARE ALWAYS ACCEPTED IN THE FELLOWSHIP OF NARCOTICS ANONYMOUS." (SELF-ACCEPTANCE IP#19)

REPRINTED FROM CLEAN ACRES, SPRING 1998

A NEW PATH

Learned not I away to be
blinded by my parents past
heedless to the light in me
seeking comfort in a mask.

Blundered on directionless
grasping for that fatal lie
demanding only happiness
unaware my soul did cry.

Folding to illusions weight
truth comes burning from within
my soul wailed for needs to state
seeping through deceptive din.

Knowing not a salve to soothe
sensing only lack of strength
wanting not my life to lose
craving change to give it length.

Eking out a way anew
intense hope I not be bound
groping truly my faith grew
path to freedom to be found.

Ebbing fear, growing trust
choice is performed to be mine
true expression do I lust
by Gods grace I start to shine.

A., Burnaby BC

A Tiny Bliss



*Had a dream last
night
Truly, without fright.*

*Moment of bliss
Like Hope in the stars
Long being dismissed
Can I see this far?*

*To Feel Without Regrets
A dream last night
Came into the light
Where darkness sets...*

- Keep coming back it works!



THIS IS MY LIFE

This is my life
and I'm taking it back
You had your chance
it wasn't time you lacked
I gave you years
and what did you do?
Made a lot of promises
but kept very few
I want to stand alone
I need to be free
The time has come
for you to let me be
I've had enough
I can't take anymore
We were always running
or looking to score
Life is too short
to be living this way
Going from hotel to hotel
just scraping by each day
Now you say that you love me
and I believe that to be true
I know about the pain
my leaving will put you through
This can't be helped
I know this to be fact

because....

This is my life
and I'm taking it back.
S. S., Surrey BC

RECOVERY POETRY CORNER

SOMEONE TO COME HOME TO

THERE ARE TIMES IN LIFE WHEN I FEEL SO ALONE;
AND I KNOW THAT THERE IS NO ONE AT MY HOME;
THEN I ASK MY GOD TO HELP WITH MY NEED;
FOR AS ALWAYS GOD IS THERE FOR ME INDEED.

I EXPRESS MY NEED FOR SOMEONE TO COME HOME TO
TO RELATE THE COMPLICATIONS, UPS AND DOWNS THAT FILL MY DAY
MY NEED TO CARE FOR, COOK FOR AND TO TALK TO
TO SHARE THE GOOD AND BAD TIMES THAT COME MY WAY

THOUGH GOD HAS GIVEN ME ALL THINGS IN LIFE
MY NEEDS ARE MET AND I HAVE YET ALL GAIN
AS TIME GOES ON I WORRY OF MY STRIFE
THAT LONLINESS WILL EVER BE MY PAIN

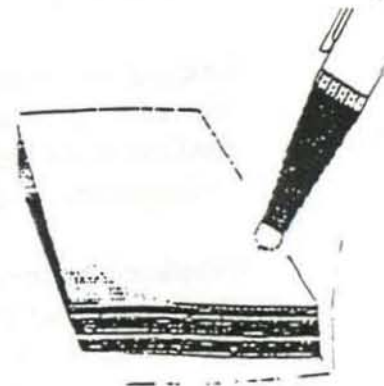
BUT WHEN I GET HOME, I FIND THE SAFETY
THAT EVERYTHING IS THERE JUST AS WAS LEFT
THAT GOD HAS BEEN PROTECTOR OF MY CASTLE
AND FOR THE THINGS THAT COMFORT ME ARE KEPT.

MY WORD IS ON THE TABLE TO INFORM ME
THAT GOD'S WORD IS GOOD AND TRUE FOR ME TO READ;
THERE'S FOOD THERE IN THE CUPBOARD TO SUSTAIN ME
AND HEAT AND LIGHT AND WATER TO RECEIVE

AND AS I WONDER WHO IS THERE TO TALK TO
I FEEL A PRAYER IS STIRRING IN MY SOUL
I HAVE TO THANK MY GOD FOR ALL HE GIVES ME
FOR WHAT HE GIVES MY HEART HAS MADE ME WHOLE

SO WHEN I THINK THAT THERE'S NO ONE AT HOME
I ONLY HAVE TO LOOK AT WHAT IS REAL
FOR GOD IS REAL AND LIVING DEEP INSIDE ME
AND THERE FOR ME WHEN I AM COMING HOME.

CAROLYN M.
I CAN'T WE CAN



PATIENCE
TOLERANCE
GRATITUDE

DEAR POWERLESS

THE PROCESS - IN - ACTION

I KEEP HEARING ABOUT "THE PROCESS OF RECOVERY". I READ IN THE BASIC TEXT ABOUT THE "PROCESS OF RECOVERY OR THE RECOVERY PROCESS." SOMETIMES WHEN I COME TO MEETINGS I'LL HEAR AN ADDICT SHARE ABOUT THEIR PROCESS AND SOME THINGS THEY HAD TO DO IN ORDER TO RECOVER.

NOW...
CON-
AD-
BE-
THERE
I GET
AND I
TRY-
ASKED

"I find that I can no longer make excuses or blame the process for why i haven't taken action in my recovery."

I'M ONLY WRITING ABOUT THIS BECAUSE SOMETIMES I GET FUSED ABOUT WHAT IS THE "PROCESS". LIKE, I'LL HEAR AN ADDICT SAY "IT'S A PROCESS, "WHEN IT COMES TO CHANGING HAVIORS, OR "I HAVE TO TAKE A LOOK AT", OR I'M NOT YET."

CONFUSED BECAUSE IT SOUNDS LIKE AN EXCUSE TO ME. WANT TO BE REAL CLEAR ON THIS. I'M NOT JUDGING BUT ING TO IDENTIFY. SO I TALKED WITH MY SPONSOR AND ABOUT THE "PROCESSED OF RECOVERY". HERE'S WHAT I CAME AWAY WITH: RECOVERY IS AN INSIDE/OUTSIDE JOB. THE WORK THAT I DO INSIDE ME. BASICALLY LEARNING TO LIVE THE STEPS AND SPIRITUAL PRINCIPLES ARE A PROCESS. BECOMING AWARE OF WHO I AM AND BEING AN ADDICT IS A PROCESS. IDENTIFYING MY FEELINGS IS A PROCESS. BELIEVING IN THE PROGRAM, TRUSTING THE HIGHER POWER, AND BEING OPEN-MINDED ARE ALL A PROCESS FOR ME BECAUSE THEY HAPPEN ON THE INSIDE. NOT USING A DAY AT A TIME, MAKING A MEETING, GETTING AND USING PHONE NUMBERS, CALLING MY SPONSOR, AND TAKING DIRECTION FROM MY SPONSOR ARE ALL ACTIONS THAT I CAN TAKE DAILY. THEY'RE NOT A PROCESS FOR ME. HUGGING THE NEWCOMER IS ACTION. SHOWING UP FOR MY RECOVERY IS ACTION. TAKING THE STEPS IS ACTION. LEARNING TO LIVE THEM IS A PROCESS. THE PROCESS IS ON THE INSIDE; THE ACTION IS WHAT SHOWS UP ON THE OUTSIDE. I FIND THAT I CAN NO LONGER MAKE EXCUSES OR BLAME THE PROCESS FOR WHY I HAVEN'T TAKEN ACTION IN MY RECOVERY. SO NOW, I FEEL LIKE I'M NOT AS CONFUSED ABOUT THE PROCESS IN ACTION.

REPRINTED FROM WEST/SOUTHWEST, FEB/MAR/APR. '98

DEAR MYSTERY SPONSOR

Q: I KEEP SECRETS FROM MY SPONSOR. WHY DO I DO THIS?

A: YOU KEEP SECRETS FROM YOUR SPONSOR BECAUSE YOU REALLY DON'T WANT ANY HELP. YOU WOULD RATHER LOOK GOOD IN OTHERS' EYES BY "TALKING THE TALK". BUT DEEP DOWN INSIDE YOU DON'T WANT ANYONE TELLING YOU WHAT TO DO. YOU ARE AFRAID TO CHANGE. YOU ARE COMFORTABLE IN YOUR PERSONAL CHAOS, SELF-WILLING YOUR WAY THROUGH LIFE AND QUITE CONTENT TO MANIPULATE PEOPLE SO AS NOT TO GET ANY SUGGESTIONS. YOU CANNOT "WALK THE WALK". YOU PREFER WEARING MASKS, LIVING ON THE EDGE OF DESPERATION, FAKING A REAL LIFE BECAUSE YOU ARE UNWILLING TO GO THROUGH ANY PAIN REQUIRED TO CHANGE AND LIVE A LIFE ACCORDING TO A HIGHER POWERS' WILL. SECRETS KEEP YOU SICK. YOU WILL END UP USING UNLESS YOU GET HONEST, OPEN-MINDED AND WILLING TO CHANGE.

REPRINTED FROM CLEAN ACRES, SPRING 1998

SEND YOUR QUESTIONS TO : DMS, 803 E. BOOT RD. D7, WEST CHESTER, PA 19380

OUTSIDE ISSUES: COURT PAPERS/SPECIAL FOCUS: EXPRESSIONS FROM MEMBERS OF SCFNA

SOME PEOPLE ARE REQUIRED TO ATTEND MEETINGS OF NA. THEY HAVE A LOG SHEET TO BE SIGNED BY THE SECRETARY OF THE GROUP AS PROOF OF ATTENDANCE. MANY OPINIONS HAVE CIRCULATED OVER THE ISSUE OF OUR FELLOWSHIP RELATING TO AN OUTSIDE ESTABLISHMENT IN THIS WAY.

I AM IN RECOVERY, ALSO IN DRUG COURT. DRUG COURT HAS OPENED MY EYES IN RECOVERY. IT HAS SHOWN ME THE WAY OF LIFE WITHOUT DRUGS. I CHOSE DRUG COURT FOR MY PROGRAM AND AT FIRST I WASN'T SURE, BUT TWO DAYS INTO IT MY EYES OPENED. I HAVE PEACE WITHIN MYSELF.

I HAVE TO DO THREE MEETINGS A WEEK AND GET MY PAPER SIGNED. AT THOUGHT THE MEETINGS WERE BORING AND I FELT TIRED. BUT AFTER THE THIRD MEETING I BEGAN TO CHANGE IN SO MANY WAYS. I HAVE A SOR AND A WONDERFUL PROGRAM THROUGH DRUG COURT AND MY COUN- AT A COUNTY-RUN TREATMENT PROGRAM.

BECAUSE OF NA AND DRUG COURT, I'M A NEW PERSON INSIDE AND OUT. ARE COMING BACK TO ME - A JOB, SELF ESTEEM, AND A HEALTHY, DRUG- BODY. I AM GRATEFUL THAT I AM MANDATED BY THE COURTS TO ATTEND MEETINGS. WITHOUT THEM I DON'T KNOW WHERE I'D BE.

DEBBIE A., FORESTVILLE

"we have no opinion on outside issues."

FIRST I ABOUT SPON- SELING

THINGS FREE NA

ONE OF THE REASONS I DO NOT LIKE THE IDEA THAT PEOPLE ARE FORCED TO ATTEND IS THAT SOME OF THESE PEOPLE ARE NOT PRESENT BECAUSE OF ATTRACTION. THEY DO NOT FEEL A NEED TO RESPECT THE MEETING, AND WHEN THEY PARTICIPATE, IT IS SOMETIMES TO "BAD - TALK" THINGS ABOUT OUR PROGRAM.

I WENT TO A MEETING WHERE MOST OF THE PEOPLE THERE HAD PAPERS TO BE SIGNED. THE ATMOSPHERE OF RECOVERY WHICH IS SO VITAL AT OUR MEETING SUFFERED GREATLY AS PEOPLE WERE LOUD, GETTING UP AND DOWN CREATING A DISTURBANCE, AND JUST NOT RESPECTING THE PEOPLE WHO WANTED TO BE THERE. THE MEETING WAS A MESS SINCE HEARING THE SPEAKER WAS DIFFICULT AND I WAS TOO SHY TO STAND UP AND SAY SOMETHING SINCE I WAS NEW. I DON'T THINK THERE WERE MANY PEOPLE THERE WITH MUCH RECOVERY OR CLEAN TIME WHO KNEW HOW TO SOMEHOW BRING THE MEETING BACK, BUT IF IT WAS MY FIRST MEETING I WOULD HAVE THOUGHT NA WAS JUST A JOKE PLACE FOR PEOPLE TO GO TO GET LIGHTER SENTENCES OR SOMETHING, OR A PLACE TO MEET A DATE.

ANONYMOUS

EDITORS NOTE: AS A POINT OF INFORMATION, IT IS NOT MANDATORY FOR ANYONE TO SIGN THEIR NAME OR PHONE NUMBER ON ANYONE'S PAPER.

WORLD OPINION ON COURT PAPERS

OUR WORLD SERVICE OFFICE HAS PUBLICATIONS THAT ADDRESS ALL ASPECTS OF SERVICE IN NARCOTICS ANONYMOUS. WHEN I ASKED GORDON C., OUR REGIONAL SERVICE REPRESENTATIVE, FOR THE WORLD VIEW ON COURT PAPERS, HE GOT TO WORK TALKING WITH PEOPLE AT THE LEVEL OF WORLD SERVICE. WHAT HE FOUND OUT WAS THERE IS NONE SIGNING COURT PAPERS IS AN OUTSIDE ISSUE, AND OUR TENTH TRADITION STATES, "WE HAVE NO OPINION ON OUTSIDE ISSUES." IT IS TOTALLY UP TO THE GROUP CONSCIENCE WHETHER THEY SIGN, WHEN AND HOW. ONE PERSON AT WORLD SAID THAT IN SIGNING A COURT PAPER THEY MAY BE HELPING A FUTURE MEMBER.

DONNA T., SCFNA AREA SERVICE REPRESENTATIVE

BOTH ARTICLES WERE REPRINTED FROM THE SONOMA COUNTY FELLOWSHIP OF NORTHERN CALIFORNIA REGION OF NARCOTICS ANONYMOUS.

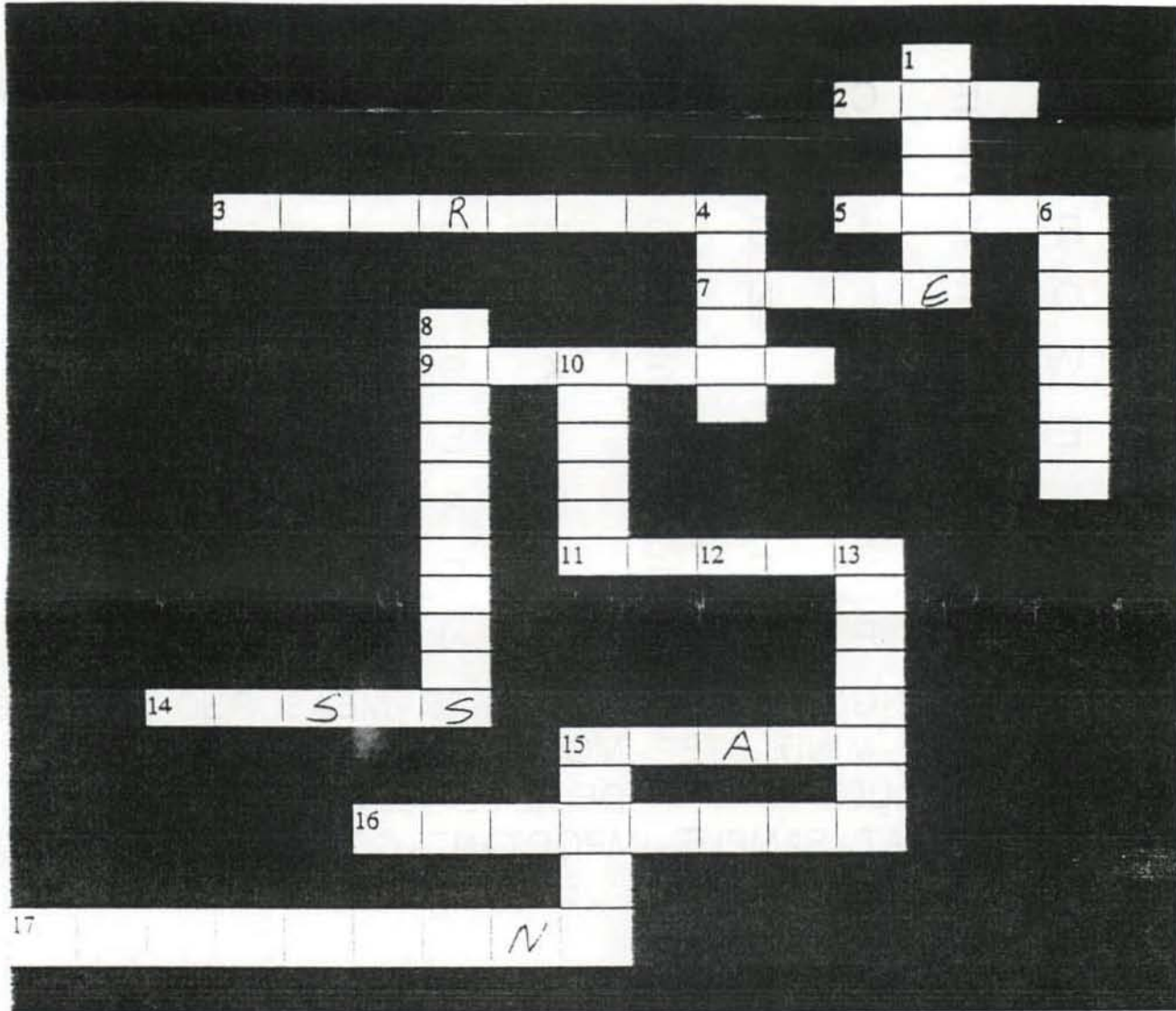
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MINGLE - VOID - WILLINGNESS - PLEAS - SEEKER - MEASURED - BELIEVE -
 VITAL - ALONE - OVER - MIND - STEP - MOST - POWERFUL - IMPROVE -
 GREATER - CAME - COULD - SANITY - DECEIVE - RENEW - READ - TWO -
 WISH - RESTORE - CHAT - SAMPLE - IMPORTANT - CONCERN - STRANGE -
 HOPE - I FARN - TO

FILL - IN PUZZLE

FILL IN THE BLANKS WITH THE WORDS BELOW
STARTING LETTERS HAVE BEEN PROVIDED FOR YOU

HAVE FUN!!!



ACROSS:

LOVE
REGION
POWER
MASKS
SHARE

E
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HIS
YOURSELF
HAVE

DOWN:

DISEASE
FOLLOW
ELEVENTH
TRADITIONS
GROUP

..WORK
RECOVERY
STEPS

ONCE AGAIN THE JUST FOR TODAY
GROUP OF NARCOTICS ANONYMOUS WOULD
LIKE TO INFORM YOU OF OUR NEW LOCATION.

PLACE: 2827 DIAMOND STREET

DAY: SUNDAY

DATE: APRIL 05, 1998

TIME: 2:00 TO 4:00 p.m.



ALL ARE WELCOME SO COME OUT AND
FELLOWSHIP WITH US.

Clean Acres Meeting List

(C)Coatesville; (D)Downingtown; (E)Exton; (M)Malvern; (P)Phoenixville; (T)Toughkenamon; (W)West Chester

SUNDAY

(C) SPIRITUAL AWAKENING; 132 Lincoln Hwy.; Old District Court Bldg. back entrance: 10-11:30a.m.

(C) W.A.I.T. Group; 132 Lincoln Hwy.; Old District Court Bldg. back entrance 7:30-9p.m.; Bus. Meet. 2nd Wed. 9p.m.

(M) GIVE IT AWAY; 940 Malvern Insutite; main bldg.; 8-9p.m.; Bus Meet. 2nd Sun. 9p.m.

(W) IT WORKS HOW & WHY; St. Agnus Church; basement; Gay&New St.; 5-6:30p.m.; Bus. Meet. 2nd Sun. 6:30p.m.

MONDAY

(C) HOW & WHY IT WORKS; Atkinson Apts.; rear of shelter entrance Diamond Alley; 321 E. Chestnut St; 12:30-1:30p.m.; Bus. Meet. 2nd Mon. 1:30p.m.

(C) SURRENDER TO WIN; Hutchinson Church; side entrance; 825 E. Chestnut St.; 7:30-9p.m.; Bus. Meet. 2nd Mon. 9p.m.

(M) FREE AT LAST; Shops at Great Valley; Malvern center; nr. Rte. 29&Swedesford Rd. behind Wawa; 7-8p.m.; Bus Meet. 2nd Mon. 8p.m.

(P) CAN'T WE CAN; Help Counseling Building; 21 Gay St.; 7-8p.m.; Bus. Meet. 2nd Mon. 8p.m.

(W) H.O.W. Group; The Baptist Church; 221 S. High St.; 7-8p.m.; Bus. Meet. 2nd Mon. 8p.m.

(W) LIFE OR DEATH Group; Gaudenza House; 1030 S. Concord Rd.; 8-10p.m.

TUESDAY

(C) HOPE ON THE HILL; 132 Lincoln Hwy.; Old District Court Bldg. back entrance; 8:15-9:30p.m.; Bus. Meet. 2nd Tues. 9:30p.m.

(D) GOOD ORDERLY DIRECTION; St. James Episcopal Church; 419 E. Lancaster Ave.; 8-9:30p.m.; Bus. Meet. Tues. before area meeting after reg. meet.

(E) S.T.A.R. Group; St. Paul's Episcopal Church; 901 E. Lincoln Hwy.; Bus. Rte. 30&202; 7:30-9p.m.

(T) TUESDAY NIGHT ALTERNATIVES; Bowling Green Insutite; 495 Newark Rd.; Rte. 1, Toughkenamon exit, turn right 100 ft.; 8-9:30p.m.

(W) LIFE OR DEATH Group; Gaudenza House; 1030 S. Concord Rd.; 8-9p.m.

WEDNESDAY

(C) HOW & WHY IT WORKS; Atkinson Apts.; rear of shelter entrance Diamond Alley; 321 E. Chestnut St; 12:30-1:30p.m.; Bus. Meet. 2nd Mon. 1:30p.m. (back entrance) 7:30-9p.m.; Bus. Meet. 2nd Wed. 9p.m.

(E) JUST FOR TODAY; St. Paul's Episcopal Church; 901 E. Lincoln Hwy.; Bus. Rte. 30&202; 5Bus. Meet. Wed. before area meeting.

(W) FIND&FEEL THE FREEDOM; Care Center Bldg; enter on Barnard St; Corner of Mallack; 7-8:30p.m.; Bus. Meet. (?)

THURSDAY

(C) NEW LIFE Group; 132 Lincoln Hwy.; Old District Court Bldg.; back entrance 3:15-9:30p.m.; Bus. Meet. 2nd Thurs. 9p.m.

(M) FREE AT LAST; Shops at Great Valley; Malvern center; nr. Rte. 29&Swedesford Rd. behind Wawa; 7-8p.m.; Bus Meet. 2nd Mon. 8p.m.

(W) EASY DOES IT Group; St. Agnus Church; basement; Gay&New St.; 8-9:15p.m.; Bus. Meet. 2nd Thurs. 9p.m.

FRIDAY

(D) FOOTWORKS Group; Messiah Lutheran Church; 46 W. Lancaster Ave.; 8-9:30p.m.; Bus. Meet. 2nd Fri. 9:30p.m.

(W) ANONYMOUS Group; 307 Clubhouse; 7 N. Five Points Rd. & West Chester Pike; 11p.m.-12:30a.m.; SMOKING meeting; Bus. Meet. 2nd Fri. 10p.m.

SATURDAY

(C) RECOVERY ON THE HILL; 400 Oak St.; down stairs; 10-11:30a.m.; SMOKING meeting; Bus. Meet. 3rd Sat. 11:30a.m.

(C) COME GROW WITH US; 132 Lincoln Hwy.; Old District Court Bldg; back entrance 7:30-9p.m.; Bus. Meet. the Sat. before area meeting.

(M) WAKE UP&SMELL THE RECOVERY; Shops at Great Valley; Malvern center; nr. Rte. 29&Swedesford Rd. behind Wawa; 10:30-11:30a.m.; Bus Meet. (?)

(W) FIND&FEEL THE FREEDOM; Care Center Bldg; enter on Barnard St; Corner of Mallack; 7-8:30p.m.; Bus. Meet. (?)

(C) W.A.I.T. Group; 132 Lincoln Hwy.; Old District Court Bldg.

Disclaimer: The opinions expressed in the Clean Acres Newsletter are written by individuals and are their opinions or experience only. They are in no way a reflection of any member of the Newsletter Subcommittee or Narcotics Anonymous as a whole.