

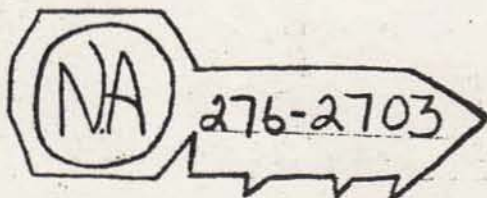


Narcotics

Anonymous

FEELING LOCKED OUT?

If things don't seem to be getting any better; Well, might be the drugs!



← Here's the key.

Philadelphia, PA. P.O. Box 11526
24 HOUR HOTLINE

Dear Readers,

Since the CLEANSHEET will be starting in the Greater Phila. area again, we need input! We cannot stress how important it is because we need your work to stay alive. After all, You are the MIRACLE! If you are feeling happy, sad, angry, lonely, tired, or grateful, don't hold it in-write it down. Give articles to John Swanson or send to 3438 Decatur Street, Phila., PA 19136 c/o CLEANSHEET.

Thanks again! We would readily accept any new ideas concerning the format of the CLEANSHEET, or anything in general.

CLEANSHEET staff



THE CLEANSHEET
P.O. BOX 14541
PHILA., PA 19115

FOR PRESENTATION to the Philadelphia Groups
of the Narcotics Anonymous Fellowship for group a
CONSCIENCE decision.

ISSUES IN NEED OF GROUP CONSCIENCE PRIOR TO W.S.C. '85

Note: page numbers after each item refer to the W.S.C. minutes

- 1) That travel expenses be provided for the W.S.O. board of directors to attend board meetings, so as to allow for complete fellowship representation on the W.S.O. board of directors, to be paid for by the W.S.O. (p. 6)
- 2) That welcome key tags be changed to read 'Just for Today' and that all tags be consistent in color. (p. 7)
- 3) That the W.S.B. of Trustees guidelines be changed in the following ways: (trustee guidelines can be found in volume IV of the fellowship report, part 5)
 - 1) add on page 18 section 4A-1 after the word ultimately 'a minimum of 12 active trustees to conduct business'
 - 2) add paragraph A-2, 'That at least 5 non-voting alternates for the Board of Trustees be elected after but in the same manner as Board of Trustee members in order to provide
 - a) A training group and continuity of experienced trustees.
 - b) Assistance for each of the W.S.B. sub-committees and for assistance with volumes of work to be done in subsequent years.
 - c) Consistency to our service structure from the group level (G.S.R. and G.S.R. alt.) the area (A.S.R. and A.S.R. alt.) and the region (R.S.R. and R.S.R. alt.) (p. 9)
- 4) That the revised version of the IP *Another Look* be approved (this is the version we have been using but there is no record of it ever having been approved). (p. 14)
- 5) To change all N.A. approved literature where it has "recovered" to "recovering". (p. 15)
- 6) To amend *The Temporary Working Guide to our Service Structure* under the election of A.S.C. officers to read, "A.S.C. officers and committee chairpersons may be removed from office for the following reasons:
 - 1) Involuntary resignation
 - 2) Missing two or more consecutive A.S.C. meetings without reasonable cause
 - 3) Relapse
 - 4) Breach of
 - 5) Impeachment - $\frac{2}{3}$ majority by closed ballotV. Voluntary resignation should be given to A.S.C. chairperson in writing at least 7 days prior to the next A.S.C. meeting.

This information was taken from the
"Together We Can" 'N.A. Groups of Baltimore Md Newsletter'
June 1984

NOTE: There will be more issues in need of
Group Conscience



THE CLEANSHEET

P.O. BOX 14541

PHILA., PA 19115

- ① October 19, 20, 21 P.I. world meeting West Virginia.
- ② NH I Chairperson for Region.

LAST CHANCE GROUP



THE CLEANSHEET

P.O. BOX 14541
PHILA., PA 19115

October 14, 1984

To The Groups in the Philadelphia Area,

We the Literature Review Committee of Philadelphia are here to serve you. We have been notified by the World Literature Committee that our Basic Text "Narcotics Anonymous" is open for revisions. We are asking you to help us serve you. If your group is concerned and would like to participate in the revision of our book, please set aside some time to better our book. Our primary purpose is to carry the message to the still suffering addict and our literature has been proven to be a good carrier of that message. We have picked an article from our International Magazine, "The N.A. Way" which refers to our request from you. We do have time to carefully review our book.

In the name of Group Conscience, we must look to an Ultimate Authority for our answers in this task.

In Loving Service

THE PHILA. AREA LITERATURE REVIEW COMMITTEE



THE CLEANSHEET

P.O. BOX 14541
PHILA., PA 19115

Dear N.A. Way:

ABOUT OUR BOOK: DOES ANYONE CARE?

I've had two recurring thoughts about the Book Narcotics Anonymous lately. One is that it could be better - a lot better! Another is that we need to start working toward that end NOW!

Having these thoughts is one thing, but airing them is quite another. I know that this borders on heresy, but I really must do it. I am compelled; it could be part of my disease, you know? Anyway, it could spark some feedback from you. I'm open to feedback most of the time.

I recall that we as a fellowship were so excited to finally have a book. We couldn't delay anymore with anymore revisions. We did the right thing at the time. It was better to have a somewhat garbled book than no book at all.

Now, don't get hysterical because I put the book down! I know and recognize that supreme effort, prayers, tears, and agony were all involved in the process. I was there! WE were great, the book was great, everything WAS great!

The problem seems to be that NOW it isn't great. Sure, everything important is in there somewhere, but the book has problems. It is choppy, awkward, incoherent at times, and redundant at times. Almost every sentence makes sense to most of us, but the sentences and paragraphs don't always fit together well. Some chapters even have paragraphs that belong in other chapters.

So, let us quit quibbling about the wording of Traditions four and nine. Let's get on with revising the entire book!

Oh, I can hear it now! Some of you say "We're only addicts." I won't buy that garbage ever again. It's a way we have of putting ourselves down! A cop-out!

The more I think about the whole issue, the madder I get! Let's get it together! Lots of people tend to get emotionally irregular when anybody speaks of improving the book. Well, you all have to grow up! This book was a monumental "first." We must not drop the ball now that we are rolling.



THE CLEANSHEET

P.O. BOX 14541
PHILA., PA 19115

Just ask around! How many addicts have cleaned up using the NA Book? How many fourth steps have been done from the NA book? When a newcomer reads "Who is an addict?", "What is the NA Program?", "What can I do?", can he/she separate out some answers? Is it clear to anyone other than people with two or more years clean?

Far be it from me to tell people how to do things. On the other hand, if I don't maybe nobody will! Get the ear of your RSR. Channel input to the World Service Conference Literature Committee. If anybody cares, we could start on this now, so that we could allot time for it all to go through approval channels in the foreseeable future.

Of course, maybe nobody cares! Maybe everyone is content with what we have. Maybe I'm making a big deal out of nothing.

If you care, or even if you disagree with me (not likely), then write something for this magazine. If nobody writes to the NA WAY, then I can assume that either every addict out there agrees with me, or else you just don't care. (Maybe you are content to continue using the books from the "outside issue" fellowships.) Oh well, we are just addicts - right?

REPRINTED WITH PERMISSION
FROM THE NA WAY
AUGUST, 1984

DISTRIBUTED BY THE PHILADELPHIA AREA LITERATURE REVIEW COMMITTEE

CHRIS' PRAYER

Dear Father,

Here I stand, alone and scared
Afraid to love, afraid to share
Afraid they won't like what they see
When I unlock the door to me

Sometimes, I think it's more than I can stand
And then you show me it's alright to be human
Give me the strength that I will need
To unlock the door to the deepest me

I need your strength, your love, your caring
So that I can someday be, honest, loving and sharing
But, most of all Dear Father of mine
Please be there today, and all the time.

Sept, 1981

JUN 13, 1982

INPUT FOR CLEAN SHEET

SEEKING WINTER IN THE LIGHT,
ALWAYS TURNING RIGHT.

11/20/80

WHERE IS THE FREIGHT?
WE LEFT IT DOWN A FLIGHT.

SEE THE LIGHT.

SEE IT NOW, AND WONDER HOW.

BEAUTY IS ABOVE,
BEAUTY IS BELOW.

BEAUTY IS WHERE THE EYE CANNOT SEE,
BUT THE HEART CAN FEEL.

LOOK, LOOK FOR YOUR LIFE.

DO NOT KILL

SEEK THE LIGHTS' WILL.

CINAG.

I was a teenage burn out, grown up on the way out.
May it help you to know, if you really want to grow.
Don't cop out and be a burn-out.

Drank plenty of whiskey and lots of beer.
Gave my whole life little cheer.
Broken plenty of bones, robbed many of homes.
Since I was nine, lived a life of crime.

Done all kinds of downs, from yellow, toueys, and reds.
Seen all typed of clowns, that will just wind up dead.
PCP and LSD, you can do till your 93.
Do them till your teeth fall out, but you'll always be a burn-out.
Shot plenty of bags, full of speed and of scag.
Was all a big joke but now I've awoke.

For God gave me life, and intelligent brain.
But the drugs were a knife, that caused me much pain.
And to not only me, but my whole family.
And to all those who cared, just really got scared.

So if you want to take the chance, it's your own life go ahead.
But you'll soon find out, that you'll just wind up dead.
And your digging your grave, thinking your brave.
Only killing yourself, going straight to hell.
But I wrote this for the living, not thinking of those past.
For I am giving, hoping you'll last.

Now staying sober is my life, with God and NA it's no strife.
I've decided to live, and all my help I will give.
To those that have not, gone totally burn'out.
One Day at a time, won't drink beer or wine.
And no drugs I will take, for my own body's sake.

And now I'm alive, God's given me the drive.
And my hell is all over, By me staying sober.
Now I stayed sober today, before bed I will pray.
To thank God for giving, this wonderful JOY OF LIVING!

When Trees Grow
They spread their branches -
When We Grow -
We spread our
LOVE ♡♡♡

We come to this room with one purpose in mind.
To gossip or socialize won't help us unwind.
To sympathize with others is not our philosophy.
It won't help us to cope, or understand this society.
We gain experience from each others stories,
So that one day we camy bask in the glory.
At the thought that sobriety might live in our house:
Whether our loved one is our child, or even our spouse.
Our tradition, "Put principles before personalities",
is a must. It will vary in time for each of us to adjust.
We're not here to take what we hear form this room:
To break confidence or anonymity will only bring doom.
We try not to criticize, condemn, or react,
We want people to come here, but also, come back.
Please, be considerate and try to make a phone call,
If you;ll be late for the meeting, or not coming at all.
Individually, we can grow, and our groups can expand,
If each of us would lend a helping hand.
We are full of people who have run the gamut,
Of Drs., psychologists, hospitals; we've had it.
There's so little offered to aid the families,
To understand the abusers multitude of maladies.
Our common bond is to learn how to live:
Never to forgety, but many times to forgive.
In order to keep our groups in tact,
PLEASE, learn what it takes in order to attract.

Family Anon. member

Subscription

Name _____
Address _____
City _____
State _____ Zip _____
Phone (____) _____

Send \$5.00 to "Cleansheet"
3438 Decatur St.
Phila. Pa. 19136

Make checks payable to
John Swanson

Get the "Cleansheet"
delivered to your home
for the rest of '83!
Only \$5.00
"Clean reading
for a Year!"

"Seek-n-Find"

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

Reality	Oxford Circle	Buxmont Step
Lifewish	Ellisburg	Serenity
Talking Heads	K.I.S.S.	Phila.
Vineland	Center City	Delaware
Bryn MAWR	Ocean City	New Jersey
Media	Trenton	Bucks
Lansdale	Pebble Hill	

I am more powerful than the combined armies of the world.
I have destroyed more men than all the wars of the nation.
I have caused millions of accidents and wrecked more homes
than all the floods, tornados and hurricanes put together.
I am the worlds slickest thief. I steal billions of dollars
each year.
I find my vicitims among the rich and the poor alike, the
young and the old, the strong and the weak.
I loom up to such proportions that I cast a shadow over
every field of labor.
I am relentless, insidious, cunning and unpredctable.
I am everywhere-in the home, on the street, in the factory,
in the office, in the school, on the sea and in the air.
I bring sickness, poverty, destruction and death.
I give nothing and take all.
I am your worst enemy.
I am the King of Evil and Deceit.
I am alcohol and drugs...

PEOPLE LOVE

The fact that I didn't know you, Did not mean much to me
And here is how I'll tell you, In my own philosophy,
About our newfound friendship, And what you mean to me.
We cmae here on this weekend, To find our inner minds,
and each of us are different, In what that person finds.
We came here for a purpose, And some may reach their goals,
We talk and laugh and try to reach, each others inner souls.
The things we say may make us cry, and wish we had not come
Or make us think of sad events, And what we should have done.
Of what effect our bygone years, Have had on each our lives,
And how the present circumstance, Has come before our eyes.
Of what the future holds for us, unique a million fold,
Unique in personality, Unique in ways untold.
We know our vast diverities, For God has planned it so,
But yet there is a unity, Which someday we will know.
The key to live a happy life, is love for everyone.
The key to find the perfect love, I Jesus Christ the Son.
Have I really found this love, Is something I can't say,
I only know NA has helped me know the way.
I hope these words will show I care, For you and everyone,
I pray our lives will all be changed. Now and years to come!

← Announcements →

The Clubhouse at
Harbison & Blvd
is CLOSED. The
meetings there
have not been
re-established.

Area Service is now
in the Dental School
next to the Clubhouse

"2nd Sunday of the month"

New Meeting...

Thursday Nights -

PATH on Castor Ave.

7:30-9:00 - Needs Support

St. Mary's - Thurs. 8:00

Frankford & Palmer

Freedom Group. SAT. 1:00
at Bridge St. Rehab.

Anniversaries

Congratulations!!

Gloria P. 1 yr. Mar. 3

Eddie H. 2 yr. Mar. 4

Billy W. 1 yr. Mar. 5

Barry S. 2 yr. Mar. 6

Rob 1 yr. Mar. 11

Joe F. 3 yr. Mar. 12

Dee R. 1 yr. Mar. 17

Marnie 1 yr. Mar. 28

Joe D. 1 yr. Mar. 28

John F. 8 yrs. ~~Mar. 28~~

Lower Kensington Environmental Center Inc.



Youth Alcoholism Program



2205 BRIDGE STREET, PHILADELPHIA, PA. 19137

TELEPHONE: (215) 289-3350

I was a teenage burn-out, grown-up on the way out.
May it help you to know, if you really want to grow.
Don't cop out and be a burn-out.

Drank plenty of whiskey and lots of beer.
Gave my whole life little cheer.
Broken plenty of bones, robbed many of homes.
Since I was nine, lived a life of crime.

Done all kinds of downs, from yellows, toueys, and reds.
Seen all types of clowns, that will just wind up dead.
PCP and LSD, you can do till your 93.
Do them till you teeth fall out, but you'll always be a burn-out.
Shot plenty of bags, full of speed and of scag.
Was all a big joke, but now I've awoke.

For God gave me life, and intelligent brain.
But the drugs were a knife, that caused me much pain.
And to not only me, but my whole family.
And to all those who cared, just really got scared.

So if you want to take the chance, it's your own life go ahead.
But you'll soon find out, that you'll just wind up dead.
And your digging your grave, thinking your brave.
Only killing yourself, going straight to hell.
But I wrote this for the living, not thinking of those past.
For this I am giving, hoping you'll last.

Now staying sober is my life, with God and NA it's no strife.
I've decided to live, and all my help I will give.
To those that have not, gone totally burn-out.
One day at a time, won't drink beer or wine.
And no drugs I will take, for my own body's sake.

And now I'm alive, God's given me the drive.
And my hell is all over, By me staying sober.
Now I stayed sober today, before bed I will pray.
To thank God for givinn, this wonderful JOY OF LIVING.

THE SELF-WILL CATASTROPHE

How come my life is still unmanageable? After all, I quit all mood-altering substances, and I believe in some type of higher power. Why am I still neurotic and depressed? This sounds like a classic case of self-pity. Oh yes, the "Why me" syndrome.

The only way to solve a problem is to take positive action. Problems are opportunities in disguise. Clearly, it is time to advance to the third step. Since almost everyone in N.A. has been making all the decisions in their life, it is conceivable that they would have difficulty believing in someone whom you can't even see, hear, or touch. After making numerous mistakes and realizing that if my way was so good, what am I doing in N.A., I began to accept God as I understand Him. He can run my life much better than I ever could. My self-will was leading me towards that first drink or drug.

God's will for me, is to stay clean a day at a time, and to help other suffering addicts and alcoholics. Today I find life enjoyable for the most part. God's will is usually evident in my life during most situations I encounter. The burden is now on God's broad shoulders, so I can seek the real meaning of life, The Joy Of Living.

Scott D. (Bucks County Area)

WISDOM

The peace or eternity,
Is the peace in thy heart.
The love of God, Is love
pure art.

By being thyself
Free from unnecessary strife
Striving for a way
To better thy life.

A painting thou saw,
Of trees, wind and snow
If watered thou shall be
A seed, a seed to grow.

Michael S.

AWAKENING PRAYER

Loving God, My lasting hope
I will open my heart
I will let you in.
My faith is dark, my courage
bare, But with your love
My faith shall shine.

My courage be stronger
And with your wisdom
Also your guidance
I can be sober today.

DESPERATELY NEED SUPPORT

I am a recovering addict from Wilmington Delaware. The reason I'm writing is our N.A. groups in Wilm. are falling apart, because very few addicts are coming to meetings. If that keeps happening alot of addicts are going to die and that's not the purpose of the program. The purpose is all of us dope fiends that want to recover and stay clean, have to help each other so we can live!

TAKE ME IN YOUR ARMS
Miss Heroin

So now little man you've grown tired of grass,
L.S.D., acid, cocaine, and hash.
And someone pretending to be a true friend,
Said, "I'll introduce you to Miss Heroin."

Well Honey, before you start fooling with me,
Just let me inform you of how it will be.
For I will seduce YOU AND MAKE YOU MY slave.
I've sent men much stronger than you to their graves.

You think you could never become a disgrace,
And end up addicted to poppy seed waste.
So you'll start inhaling me one afternoon;
You'll take me into your arms very soon.

And once I have entered deep down in your veins,
The craving will nearly drive you insane.
You'll need lots of money (as you have been told)
For darling, I'm much more expensive than gold.

You'll swindle your mother and just for a buck,
You'll turn into somethin vile and corrupt.
You'll mug and you'll steal for my narcotic charm,
And feel contentment when I'm in your arm.

The day when you realize the monster you've grown,
You'll solemnly promise to leave me alone.
If you think that you've got the mystical knack,
Then, sweetie, just try to get me off of your back.

The vomit, the cramps, your gut tied in a knot,
The jangling nerves screaming for just one more shot.
The hot chills, the cold sweat, the withdrawal pains
Can only be saved by my little white grains.

There's no other way, and there's no need to look;
For deep down inside, you will know you are hooked.
You'll desperately run to the pusher and then,
You'll welcome me back to your arms once again.

And when you return (just as I foretold)
I know that you'll give me your body and soul.
You'll give up your morals, your conscience, your heart,
And you will be MINE until DEATH DO US PART.

An anonymous addict

CHIT CHAT- I drink, I drank, The drunk
and now the sod. A hand
reached out for me-I know it's
God. It takes one thought to live
One drink to die. Twelve steps
my staff, my rod, Let go, Let God!

me differently. H.P. shows me new things and new ideas, new people in the program and outside the program as well. My contact with the H.P. is a whole lot different than now. As the program starts to change me my relationship will have to change to a Higher Power.

Could this whole thing mean that I am still sick, and NEED MORE MEETINGS EVEN WHEN I CLEAN FOR MORE THAN A YEAR?????

The answer is yours to make for me I still prefer to get off my ass and go to the meetings.

-Hoboken Joe

WHATEVER IT TAKES

The feeling I was feeling then were true and real though only ten...

So young and learning how to hide, I chose my place way deep inside...

I become an image, at this age so picturesque yet full of rage...

Through people close, yet so afar, I learned to survive It left its scar...

As things progressed on nature's course, I tried all roads Used every source...

Through ups and downs and all arounds, I saw the sights And heard the sounds...

Not heeding anyone's advice so full of pride, I rolled the dice! A gambler for years on end, through fate itself, I found a friend.

With sharing all I could inside, I found the places I used to hide. Once on the go, there was no stop. From my bottom straight toward the top.

My goal that I now did attain staying clean and sober No pain, No gain. Now here where I could never reach I now was graced With the gift to teach.

Being careful not to slip and fall, I lifted my head stood straight and tall, my life today-good sense it makes With paying the price, I do whatever it takes!!!

WHY COME TO MEETINGS NOW THAT I AM SOBER/CLEAN MORE THAN A YEAR?

I have been clean in the program for almost 8 years now, and often ask myself is it worth coming to meetings?

The answer to this question is absolutely YES.

In my years of staying clean I have seen many many people, friends and non friends come into the rooms of this program and get clean for maybe a little over 90 days up to a year and then leave.

Leave where? I am not sure all of the places these people go; but am sure that not all have continued to stay clean.

While coming to meetings I become more and more aware that I am sick not only when I came in but not that I still am in the program and getting better but not getting above other people in this program. What do I mean by that? I mean that stopping the physical part of the disease is stopped once I put the drugs down. This however does not mean that the spiritual nor mental part of this disease is stopped. Not by a long shot. I am better than so in so because I didn't do that drug. I never drank much so I am not an alcoholic. These ideas could lead to the idea that I am better than others in this program. Mental? Doesn't apply to me. As you see the drugs made us get off into our sick thinking. Has this stopped entirely since I stopped using drugs?

The literature points out that if we think this way we are walk down a narrow road to recovery.

Still weather or not we go to a house of worship we have all lost touch with the Higher Power. Drugs was the Higher Power. To think that after 6 to 15 years of using drugs daily or weekly we can now get in touch with Higher Power now that we have stopped using for a year. Well maybe its possible, but my personal experience shows

ANNOUNCEMENTS

Meetings that
need support

"Lifewisht" - St. Joseph's church
SUNDAY NITE 8:00 - 9:30
St. Mary's - FRANKFORD
& PALMER - THURS. 8:00 - 9:30

"KISS" - 1502 FRANKFORD AVE.
TUESDAY NITE 7:30 - 9:00
Rt. 13 & SCHOOL LANE

"New Horizon II" - NEW MEETING
FRIDAY NITE - 8:30 - 10:00
"FREEDOM GROUP" - 2205
BRIDGE ST. SAT. 1:00 P.M.

"St. Francis Inn" - NEW MEETING
THURSDAY NITE - 7:30 - 9:00
"Primary Purpose" - 9220
Old BUSTLETON AVE.
SAT NITE - 7:00 - 8:30

WEDNESDAY NITES.
"St. Francis Inn" - NEW MEETING
KENSINGTON & HAZLET 8:00 - 9:30

REGIONAL SERVICE CONFERENCE

SATURDAY - APRIL 16, 4th & ARCH

HOLIDAY INN \$18.00 PER PERSON

11:00 A.M. to 1:00 A.M. - 14 HOURS !!

WORKSHOPS, MEETINGS, BANQUET, DANCE - FOR TICKETS:

BOBBY B. (215) 525-5136
JOHN S. (215) 425-3958
BRUCE G. (302) 655-6429
JANE G. (215) 949-3980
CHERYL H. (609) 398-6288
A.P.
OVERNIGHT ACCOMMODATIONS AVAILABLE

THE GAME

You've looked at the world through a stoned pair of eyes,
You've lead a hard life of confusion and lies,
And when you start thinking you're going insane,
it's time to stop playing this mind-blowing game.

A game of hard drugs, that burns out your heart,
that mankes you belligerent right from the start.
They make you start thinking that nobody knows...
Knows the way that you feel, the real reason why

Why you just want to give up, lay down and die,
Die quiet and peacefully the way it should be,
because nobody knows what your eyes really see,
So it's time to slow down, and look around at what's true
Before this powerful game puts a swift end to you.

---Phyllis

First things first, although people have a common
destiny, each individual also has to sort out his own
personal salvations for themselves in fear and in terror.
We must overcome our weaknesses. We can help one
another to find the true meaning of life; no doubt.
We need each other's love and understanding, which
enables us to stand on our own two feet. But in the
last analysis the individual person is responsible for
living his own life and for finding himself. If he
persists in shifting, the responsibility to someone else
he fails to find the meaning of his own existence. You
are not in a position to tell me who I am and I cannot
tell you who you are. If you do not know your own
identity, who is going to identify you?

Lots of Love and Luck,
--Dawn

THE BLACK SHEEP

In my addiction I spent all my free time alone
thinking how my life could be better than it was. I
did not like my family or things that went on around
me. I didn't have many friends except one or two "so-
called" good ones. I would spend my time with friends
or alone. My family was the way I would have liked to
have been. I always wanted a family that did things
together. I started looking for attention by doing
drugs and found it ; as well as acceptance. I was
known in my family as the black sheep.

Now that I know who I am , what I want in life
and where I am going--that feels great to me.

Jack S.-----

N.A. CONVENTIONS

1ST ANNUAL LOUISIANA REGIONAL

THEME: "A GOAL IS ALWAYS EASIER
IF IT IS SHARED."

DATES: FEBRUARY 19 & 20, 1983

COST: REGISTRATION - \$12.00

SINGLE - \$42.00

DOUBLE - \$48.00

WHERE? 102 LAKE ST., SHREVEPORT, LA

CALL MISSY FRIGO 1-800-551-8456

2ND ANNUAL GEORGIA REGIONAL

THEME: "LIVING A MIRACLE"

DATES: FEBRUARY 24, 25, 26 & 27

WHERE? 100 TENTH STREET N.W.,

ATLANTA, GA 30309

SEND TO: GRCNA, P.O. BOX 47521,

ATLANTA, GA 30367

COST: REGISTRATION - \$12.00

BANQUET - \$15.00

SINGLE - \$32.00

DOUBLE - \$38.00

5TH ANNUAL NORTHERN CALIFORNIA

THEME: "N.A. - A SPIRITUAL CONNECTION"

DATES: MARCH 4, 5, & 6

WHERE? FRESNO HILTON

1055 VAN NESS AV.

FRESNO, CA 93702

1-209-485-9000

MAKE RESERVATIONS 14 DAYS PRIOR
TO THE 1ST DAY OF THE CONVENTION
SEND TO: 5TH NCCNA

P.O. BOX 15243
FRESNO, CA 93702

COST: REGISTRATION - \$7.00
BANQUET - \$11.00
BLUFFET BREAKFAST - \$7.00
SINGLE - \$37.00 PER NIGHT
DOUBLE - \$51.00 PER NIGHT

MID AMERICA REGIONAL CONVENTION

THEME: "A NEW BEGINNING"

DATES: APRIL 1, 2 & 3

WHERE? LODGE OF THE FOUR SEASONS
LAKE OZARK, MISSOURI

SEND TO: MARCC

306 WALL
JOPLIN, MO 64801

COST: REGISTRATION - \$12.00
COOK-OUT - \$10.00
BREAKFAST - \$5.00
ROOMS (2) - \$39.00
(3) - \$31.00
(4) - \$27.00

HEALTH FEE - \$3.00/DAY

TOTAL PACKAGE - \$65.00, \$57.00, \$53.00

CALL BLACKIE B. - 1-417-623-6883 OR
MARK T. - 1-918-835-6974

1ST OHIO REGIONAL CONVENTION

THEME: "WE MADE A DECISION"

DATES: MAY 27-29

WHERE? ARLINGTON ARMS OF COLUMBUS
1335 DUBLIN ROAD
COLUMBUS, OHIO 43215

SEND TO: ORCNA 1
P.O. BOX 451
DUBLIN, OHIO 43017

COST: REGISTRATION - \$10.00
BANQUET - \$12.00
BRUNCH - \$6.00
SINGLE - \$28.00
DOUBLE - \$32.00

CALL BOB B. 1-614-486-3280 OR
PHIL P 1-513-399-2231

2ND FLORIDA REGIONAL CONVENTION

DATE: JULY 1-4, 1983

WHERE? GALT OCEAN MILE HOTEL
3200 GALT OCEAN DRIVE
FORT LAUDERDALE, FL
(ON THE BEACH)

COST: 28.00 - SINGLE
DOUBLE
TRIPLE
QUAD

~~FOR~~ FOR MORE INFO: F.R.S.C.N.A.

P.O. BOX 2016
ST. PETERSBURG, FL 33731

ST. PETERSBURG, FL 33727
P.O. BOX 2016

FOR MORE INFO: FRS C.N.A.

QUAD

TRIPLE

DOUBLE

COST: 28.00 - SINGLE

(ON THE BEACH)

FORT LAUDERDALE, FL

3200 GALT OCEAN DRIVE

WHERE? GALT OCEAN WALK HOTEL

DATE: JULY 1-4, 1988

2nd FLORIDA REGIONAL CONVENTION

CALL PHIL 91-213-399-2231 OR
BOB B 1-414-486-3380 OR

DOUBLE - \$32.00

SINGLE - \$28.00

BRUNCH - \$2.00

BARBECUE - \$15.00

COST: REGISTRATION - \$10.00

DUBLIN, OHIO 43017

P.O. BOX 451

SEND TO: ARCA 1

COLUMBUS, OHIO 43218

1835 DUBLIN ROAD

WHERE? ARLINGTON ARMS OF COLUMBUS

DATE: MAY 27-29

THEME: "WE MADE A DECISION"

1st OHIO REGIONAL CONVENTION

THE SELF-WILL CATASTROPHE

HOW COME MY LIFE IS STILL UNMANAGEABLE? AFTER ALL, I QUIT ALL MOOD-ALTERING SUBSTANCES, AND I BELIEVE IN SOME TYPE OF HIGHER POWER. WHY AM I STILL NEUROTIC AND DEPRESSED? THIS SOUNDS LIKE A CLASSIC CASE OF SELF-PITY. OH YES, THE WHY ME SYNDROME.

THE ONLY WAY TO SOLVE A PROBLEM IS TO TAKE POSITIVE ACTION. PROBLEMS ARE OPPORTUNITIES IN DISGUISE. CLEARLY, IT IS TIME TO ADVANCE TO THE THIRD STEP. SINCE ALMOST EVERYONE IN N.A. HAS BEEN MAKING ALL THE DECISIONS IN THEIR LIFE, IT IS CONCEIVABLE THAT THEY WOULD HAVE DIFFICULTY IN BELIEVING IN SOMEONE WHOM YOU CAN'T EVEN SEE, HEAR, OR TOUCH. AFTER MAKING NUMEROUS MISTAKES AND REALIZING THAT IF MY WAY WAS SO GOOD, WHAT AM I DOING IN N.A.? I BEGAN TO ACCEPT GOD AS I UNDERSTAND HIM. HE CAN RUN MY LIFE MUCH BETTER THAN I EVER COULD. MY SELF-WILL WAS

LEADING ME TOWARDS THAT
FIRST DRINK OR DRUG.

GOD'S WILL, FOR ME, IS
TO STAY CLEAN A DAY AT A
TIME, AND TO HELP OTHER
SUFFERING ADDICTS AND
ALCOHOLICS. TODAY I FIND
LIFE ENJOYABLE, FOR THE
MOST PART. GOD'S WILL IS
USUALLY EVIDENT IN MY
LIFE DURING MOST SITUATIONS
I ENCOUNTER. THE BURDEN
IS NOW ON GOD'S BROAD
SHOULDERS, SO I CAN SEEK
THE REAL MEANING OF LIFE,
THE JOY OF LIVING.

SCOTT D.
(BUCKS COUNTY AREA)

CLEANSHEET
3438 Decatur St.
Philadelphia, Pa.
19136

June 30, 1983

Dear Friends;

Enclosed you will find contributions for your monthly publication. A friend of mine offered a copy of your May '83 issue, because he knows I've written several things which have been published in the Philadelphia Daily News. He thought maybe "we" could contribute something. His cell is only ten doors away from mine.

Neither of us object to having our names used, and all we ask is to receive a copy when and if our contributions are published. Having this in hand, maybe we can hustle-up some more material from other inmates as well.

In the past, I have performed for various drug groups and in-patient programs - I work a "single" act, guitar and vocals - and maybe you'll have the opportunity to throw eggs and tomatoes at me some day in the future (just don't hit the equipment).

My minimum date is September 20, 1983, but I may be transferred to the community center on North Broad Street in July or August. I hope so.

I typed one contribution on the same size paper as your publication (the poem written as a version of the "12 Steps..."), but I hand-printed the "open letter"; feel free to publish either if you choose.

Keep trying!

Sincerely yours,

Robert A. Taft

Robert A. Taft
Box "A", M-6932
Bellefonte, Pa.
16823

Encl: (2)

Today We Live
281 NE Seagrape St.
Palm Bay, Fla. 32905

N.A. Way
P.O. Box 93
Follansber, WV 26037

Central Md. News
9330 Worrell Ave.
Lanham, MD 20706

Volunteer Spirit
P.O. Box 111630
Nashville, TN 37211

Straight Times
1744 W. Devon, Box 56
Chicago, IL 60660
N.A. Newsletter
P.O. Box 5158
Vancouver, WA 98668

Mid-America Newsletter
P.O. Box 4381
Topeka, KS 66604
No Name
P.O. Box 16811
San Diego, CA 92116

New View Newsletter
P.O. Box 6520
Auckland, 1 New Zealand

The G. Britain Newsletter
P.O. Box 246
London, SW 10 England

Miracles Happen
P.O. Box 9063
Pittsburgh, PA 15224

Freedom Connection

~~75 MacFarland Ave.~~ ⁹³³⁰
~~Ivyland, PA 18974~~ ^{WORRELL AVE,}
^{LANHAM, MD.}

Rainbow Connection
890B Atlanta Road
Marietta, GA 30060

Memphis Miracle
P.O. Box 41323
Memphis, TN 38104

Clean Times
P.O. Box 33351
Indianapolis, IN 46203

Junk Mail
P.O. Box 3032
Sioux City, IA 51102

Our Gratitude Speaks
P.O. Box 127
New York, NY 11372

Riverfront Rapport
P.O. Box 7064
New Orleans, LA

Recover & Discover
P.O. Box 641
Maplewood, NJ 07040

Road to Life
P.O. Box 30035
Birmingham, AL 35222

NYCAS News
P.O. Box 127
Jackson Hghts, NY 11373

Together We Can
P.O. Box 4730
Baltimore, MD 21211

Clean Sheet
2133 E. Huntington St.
Philadelphia, PA 19125

Recovery Review
P.O. Box 1651
Melbourne, FLA 32901

Cleansheet

Cleansheet Committee

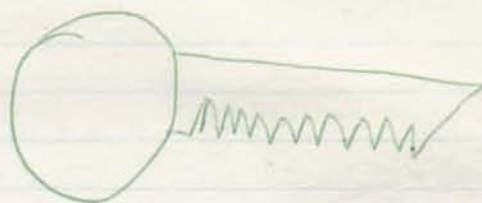
Danny - Cover, Promotion, Sales

Scott - Anniversaries

Andy P. - Treasurer - Co-Chairperson - Secretary

Bob H. - Co-Chairperson

Mike K. - Upcoming Events



Topics Covered in Cleansheet

Anniversaries
Announcements
Sub-committee reports
Group news
Area news
Regional news
World news
Meetings Needing Support
New Meetings
Conventions

Fellowship Activities
Workshops
Personal recovery stories
Slogans and Cliches
Inside Out (members in institutions)
Poems
Letters
Cartoons
Material from Text
(material from other N.A. newsletters & publications)

~~The Cleansheet is a~~

The Cleansheet Newsletter is a subcommittee of Phila. Area Service Committee. ~~The primary~~ The primary purpose of The Cleansheet is to provide ~~the~~^a written message of recovery to addicts ~~seeking~~ seeking recovery, to provide our members with news, and to promote unity. The opinions expressed ^{herein} in ~~this~~ newsletter are from the individual member of N.A. and ~~do not necessarily~~ represent those of N.A. as a whole. ~~The Cleansheet is a~~ monthly newsletter. ~~public available~~ Subscriptions are available at a cost of \$5.00 per year. send name, address, and check or money order to:

Cleansheet
P.O. Box 14541
Phila., Pa. 19115

~~In order to release articles written ⁱⁿ ~~to~~ the Cleansheet to be used by other newsletters and to be used as input for possible literature generation by the fellowship of N.A.,~~

* ~~Any input for The Cleansheet can be sent to the above address.~~



(02) EASZ

29

6 May

The clearsheets requests that our writers please
include either ^{an} address or phone ~~#~~ ~~to~~ so that

MMMMMMMM

a Release form can be sent out. ^{to you} This release form
will allow your article to be used by ~~the~~
~~Association~~ the Fellowship of N.A. for use in other
Literature. All steps will be taken to preserve the
anonymity of our writers.