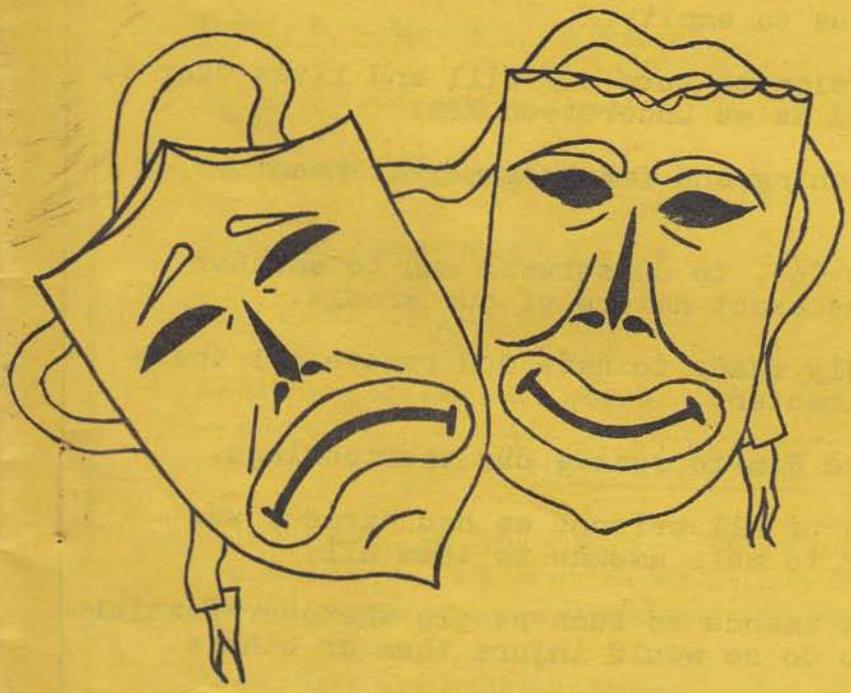


CLEAN SHEET



**WE
HAVE
A
CHOICE
TODAY!!!**



*We cannot change the nature of
the Addict or Addiction . . .
We can help to change the old lie
"Once an addict, always an addict,"
by striving to make recovery more
available.
God, help us to remember this difference.*

12 STEPS OF N.A.

1. We admitted we were powerless over our addiction, that our lives had become unmanageable.
2. We came to believe that a power greater than ourselves could restore us to sanity.
3. We made a decision to turn our will and lives over to the care of God as we understood Him.
4. We made a searching and fearless moral inventory of ourselves.
5. We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. We were entirely ready to have God remove all these defects of character.
7. We humbly asked Him to remove our shortcomings.
8. We made a list of all persons we had harmed, and became willing to make amends to them all.
9. We made direct amends to such people whenever possible except when to do so would injure them or others.
10. We continued to take personal inventory, and when we were wrong promptly admitted it.
11. We sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for the knowledge of His will for us, and the power to carry that out.
12. Having had a spiritual awakening as a result of those steps, we tried to carry this message to addicts and to practice these principals in all our affairs.

This sounds like a big order, and we can't do it all at once, we didn't become addicted in one day, so remember - EASY DOES IT.

* ANNIVERSARIES *

WE FEEL THAT YOU ARE ALL POWERS OF EXAMPLE
THAT THIS PROGRAM REALLY WORKS!!!!

Randy S. - March 6 - 3 months

Mitch S. - March 16-1 year

Danny M. - March 11-1 year

Billy M. - March 10 - 1 year

Alan C. -March 8 - 2 years

Andy P. - March 17-3 years

* NEW MEETINGS *

"South Phila. Group" - Two -speaker meeting
Sun. 8:30 p.m. - Ellsworth & Carlisle St.s
(on Ellsworth between Broad and 15th st.s)

"Phila. Gay and Lesbian Group"
Tues. 8:30 p.m. - 2125 Chestnut St.
(at the First Unitarian Church)

"Interim House" - Women's Group - Speaker Discussion
Tues. 8:30 p.m. -250 West Tulpohocken (Germantown)

"Men at Work Group" - Basic Text Meeting
2nd Tues. each month 8:00 p.m.
Church and Griscom St.s - St. Joachim's Church

* CHANGES *

Cont'd

" Men at Work Group"
Tues. 8:00 p.m. - Started Basic Text Meeting
2nd Tues. each month.
St. Joachim's Church
Church and Griscom Sts.

* MEETINGS IN NEED OF SUPPORT *

MONDAY-

"Came to Believe"
Tabernacle Presbyterian Church
37th & Chestnut Sts. Phila.
Step 8:30 p.m.

"3-2 Group Huntington Hospital"
Fitzwatertown Road
Willow Grove 8:00 p.m.

MONDAY THRU FRIDAY-

"Reality" Group Afternoon Meeting
2205 Bridge St. Phila.
Speaker Disc.; 11:00 a.m.

TUESDAY-

"1502" Group
1502 Frankford Ave. Phila.
6:00 p.m.

FRIDAY-

"Abington" Group
Abington Hospital Rm.-1A
1200 Old York Rd. Abington
Closed Speaker Disc.; 8:30 p.m.

"Carry the Message" Group
Fairmount Farms
7700 Ridge Ave. Phila.
Spkr. Disc. ; 8:00 p.m.-9:00 p.m.

SUNDAY-

"Sunday Somerton Group"

Cont'd

St. Pauls Lutheran Church
Above Tomlinson on Bustleton Ave.
6:00 p.m.

* UPCOMING EVENTS *

1st G.P.R.C.N.A. - 1st GREATER PHILADELPHIA REGIONAL
CONVENTION OF N.A.

Date: April 13-15, 1984

Theme: "A Time To Come Together"

Place: Hershey Hotel

Broad & Locust St.'s Phila., Pa.

Cost: Registration \$13, Banquet \$22, Room fees -
\$50 single, \$50 double, \$60 triple, \$70 quad.

Mail to: Greater Phila. Regional

C/O G.P.R.C.N.A.

P.O. Box 42629

Phila., Pa. 19101-2629

G.R.C.N.A.III - 3rd ANNUAL GEORGIA REGIONAL CONVENTION
FOR N.A.

Date: Feb. 17-19, 1984

Theme: "The Miracle Lives On"

Place: Sheraton-Atlanta

590 W. Peachtree St. N.W.

Atlanta, Georgia 30308

Cost: Registration \$12, Banquet \$14, Sat. Breakfast \$4.50,
Sat. Lunch \$8, Sunday Breakfast \$7.50

Mail to: G.R.C.N.A. III

P.O. Box 8687

Atlanta, Georgia 30306

Make hotel reservations directly with:

Sheraton-Atlanta

(404) 881-6000

1-4 occupancy \$50.00

5th EAST COAST CONVENTION OF N.A.

Date: June 22-24, 1984

Theme: "Reaching Out"

Place: Yale University
New Haven, Ct.
Events: Workshops, Marathon Meetings, Dances, Swimming,
Live Music.
Cost: Registration \$10, Banquet-Dances-Registration \$30
(does not include rooms and meals), Total Package
\$75 (registration, rooms, meals, banquet, and
dances)
Mail to: 5th E.C.C.N.A.
P.O. Box 611
Hartford, Ct. 06142-0611

N.A. HOTLINE FUNDRAISER DANCE

Date: Friday Feb. 17, 1984
Time: 9 p.m. - 4 a.m.
Place: #23 St. Mark's Place
8th St. between 2nd & 3rd Ave.
Manhattan, New York City
Cost: \$5.00
For info: Call (212) 420-9400

3rd ANNIVERSARY OF PRIMARY PURPOSE GROUP

Date: Sat. February 17, 1984
Time: 7:00 p.m. - 8:30 p.m. Open meeting. Refreshments
following meeting.
Place: Maternity BVM Church Rectory
9220 Old Bustleton Ave.
Phila., Pa.

FUNDRAISERS FOR REGIONAL CONVENTION

Feb. 19 - Dance
Knights of Columbus
Roland & Knorr Sts. Phila., Pa.
8:00 p.m. - 12:00 midnight
\$4.00

Mar. 2 - Theater Of The Absurd
Holy Ghost Prep. Gymnasium
Rt. 13 (approx. 1 mile south of Street Rd. and
Rt. 13)

Mar. 24 - Bowling Dance
Thunderbird Lanes
Castor Ave. & Roosevelt Blvd. Phila., Pa.



TO THE FELLOWSHIP OF N.A.

We would like to cordially invite you to the Greater Philadelphia Regional Convention of N.A..The event will take place at the Hershey Hotel in downtown Philadelphia, Broad & Locust sts. APRIL 13,14,15.

Some of the plans the convention committee has worked on are. Marathon and topic meetings around the clock, with out of town speakers and of course a bunch of our very own. Workshops on H&I,Public Info.etc. and a comfortable Hospitality suite to just hang out in and rap.There will be dances Friday and Saturday nights, and a beautiful banquet dinner that the Hersey will be preparing for us in its Philadelphia Ballroom. (*Registration is only \$13.00 and the Banquet \$22.00)

If you plan to spend the weekend, we were able to obtain the most resonable rates available at a first class hotel. For 2 people to share a room it's only \$25.00 per person per night, with even cheaper rates for 3 or 4 people in a room. All guest that are registered with the hotel (staying over nite) are welcome to use all of their facilities-such as indoor pool, sauna and steam rooms, jacuzzi,racquet ball tanning salon, health club,etc.. But most of all we hope to make our presence felt by our expression of LOVE - HARMONY- and FELLOWSHIP FOR WE TRUELY BELIVE IT IS

A Time To Come Together

* REGIONAL CONVENTION NEWS *

Greater Philadelphia Regional Convention

April 13,14,15



A Time To Come Together

HERSHEY HOTEL (BROAD & LOCUST STS. PHILA. PA. 19107)

215-893-1600

* HOTEL GUESTS ARE WELCOME
TO USE INDOOR POOL,
RACQUET BALL, STEAM
ROOM, JACUZZI, ETC.

HOTEL RATES PER NIGHT (per room)
◆ SINGLE/DOUBLE \$50.00 1-2 people
◆ TRIPLE \$60.00 3 people
◆ QUAD \$70.00 4 people

* ARRANGEMENTS FOR
HOTEL ROOMS MUST BE
MADE WITH THE HERSHEY
NO LATER THAN 3-23-84



Make Payment To: GPRC-NA P.O. BOX 42629 PHILA, PA. 19101-2629

Registration - \$13.00

Banquet - \$22.00

Total - \$35.00

Name _____

Address _____

CUT OFF DATE •• 4-3-84

(NO REFUNDS) MORE INFO: UZ-609-423-0217 JOHN-215-288-7867

9:00 p.m. - 1:00 a.m.
\$6.00 Free shoes and coffee

Mar. 31 - Dance
All Seasons Marina
34th St. & The bridge Ocean City, N.J.
9:00 p.m. - ???
\$4.00

SOUTH JERSEY AREA SERVICE ST. PATRICKS DAY CELEBRATION
Date: Sat. March 17, 1984
Place: The Local Union Hall 731
1320 Parkway Ave. Trenton, N.J.
Time: 9:00 p.m. meeting
10:00 til 2:00 a.m. dance
Cost: Suggested donation \$3.00
Refreshments, food and fellowship.

* REGIONAL NEWS *

The next Regional Service meeting will be held on Feb.
19, 1984 at 2:00 p.m. The meeting is held at
First Unitarian Church
2125 Chestnut St.
Phila., Pa.

* AREA NEWS *

Philadelphia Area Services is held the 2nd Sunday of each
month at 7:00 p.m. at Harbison Ave. & Roosevelt Blvd.
The Area needs the support of all G.S.R.'s and Alt.'s
for regular attendance at all Area meetings. A vote was
passed to accept the "Cleansheet" as an Area newsletter.
The Area also stresses that they are in need of financial
support from the group level. Some new officers were
elected and the position of Co-chairperson is open. The
requirements for this position is one year clean time and
working knowledge of the 12 steps and 12 traditions.
PLEASE GIVE YOUR SUPPORT!!!

STEP TWO

"We came to believe that a Power greater than ourselves could restore us to sanity."

The Second Step is necessary if we expect to achieve any sort of on-going recovery. The First Step leaves us with the need to believe in something that can help us with our powerlessness, uselessness, and helplessness.

The First Step has left a vacuum in our lives. We need to find something to fill that void. This is the purpose of the Second Step.

Some of us didn't take this step seriously at first; we passed over it with a minimum of concern, only to find the next steps would not work until we worked this one. Even when we admitted we needed help with our drug problem, many of us would not admit to the need for faith and sanity.

We have a disease: progressive, incurable and fatal. One way or another we went out and bought our destruction on the time plan! All of us, from the junkie snatching purses to the sweet little old ladies hitting two or three doctors for legal prescriptions, have one thing in common: we seek our destruction a bag at a time, a few pills at a time, or a bottle at a time until we die. This is at least part of the insanity of addiction. The price may seem higher for the addict who prostitutes for a fix than it is for the addict who merely lies to a doctor, but ultimately both pay with their lives. Insanity is repeating the same mistakes and expecting different results.

Many of us realize when we get to the Program that we have gone back time and again to using, even though we knew that we were destroying our lives by doing so. Insanity is using day after day knowing that only physical and mental destruction comes when we do. The most obvious insanity of the disease of addiction is the obsession to use drugs.

Ask yourself this question: Do I believe it would be insane to walk up to someone and say, "May I please have a heart attack or a fatal accident?" If you can agree that this would be an insane thing, you should have no problem with the Second Step.

The first thing we do in this Program is stop using. At this point we

begin to feel the pain of living without drugs or anything to replace them. This pain forces us to seek a Power greater than ourselves that can relieve our obsession to use.

The process of coming to believe is something that we seem to experience in similar ways. One thing most of us lacked was a working relationship with a Higher Power. We begin to develop this relationship by simply admitting to the possibility of a Power greater than ourselves. Most of us have no trouble admitting that addiction had become a destructive force in our lives. Our best efforts resulted in ever greater destruction and despair. At some point we realized we needed the help of some Power greater than our addiction. Our understanding of a Higher Power is up to us. No one is going to decide for us. We can call it the group, the program, or we can call it God. The only suggested guidelines are that this Power be loving, caring and greater than ourselves. We don't have to be religious to accept this idea. The point is that we open our minds to believe. We may have difficulty with this, but by keeping an open mind, sooner or later, we find the help we need.

We talked and listened to others. We saw other people recovering, and they told us what was working for them. We began to see evidence of some Power that could not be fully explained. Confronted with this evidence, we began to accept the existence of a Power greater than ourselves. We can use this Power before we begin to understand it.

As we see "coincidences" and miracles happening in our lives, our acceptance becomes trust. We grow to feel comfortable with our Higher Power as a source of strength. As we learn to trust this Power, we begin to overcome our fears of life.

The process of coming to believe is a restoration to sanity. The strength to move into action comes from this belief. We need to accept this step to start us on the road to recovery. When our belief has grown, we are ready for Step Three.

Taken from the Basic Text
of N. A.

Please send information on the steps and traditions to:
The Cleansheet-P.O. Box 14541-Phila., Pa 19115

STEP 2

"We came to believe that a power greater than ourselves could restore us to sanity."

I never believed in any kind of higher power in my addiction, but I think I would have walked right out of the doors of N. A. if I hadn't heard the word "God". I needed something to have faith in and to believe that something would take care of me because I certainly couldn't do it myself.

I wasn't sure what my higher power was, but I saw him demonstrating his work through other people. I saw he was somehow taking their pain away and I believed that he could and would take mine away too.

At first, I often found myself doubting the power and presence of God in my life. I was told to pray for faith every night and God would prove himself to me. Through prayer and taking the rest of the steps, I feel God's presence more and more, and I see him demonstrating his powers in my life to a greater extent each day.

Signed,
A Greatful Recovering
Addict

YESTERDAY IS A DREAM,
AND TOMORROW IS ONLY A VISION,
BUT TODAY WELL LIVED,
MAKES EVERY YESTERDAY A DREAM OF
HAPPINESS
AND EVERY TOMORROW A VISION OF
HOPE.

2nd SIEP

For 17 years certain substances controlled and dictated my life. During this time I thought I had the power or the strength to stop whenever I wanted to.

When I did try to stop a few times drugs would not let me go. Then one day a recovering addict that was an active member of N.A. told me how he learned to quit drugs "One Day at a Time" by being in N.A.

That day, I wanted what he had, so I also joined this fellowship.

After a short amount of time in N.A. I realized how lucky I was to run into that N.A. member. Then I came to the conclusion that it wasn't luck it was just a Higher Power taking care of me without me realizing it. So soon after this great awakening, I came to believe that my H.P. was showing me the way through N.A.

And each day goes by, I know I'm getting better and my faith in my H.P. and N.A. grows more and more.

So today I no longer have those chemical handcuffs on me, or any of the insane things that go along with using drugs. Today I have sobriety, God, N.A., but most of all I have freedom.

Danny F.

"Carry the Message Group"

2nd STEP

By the time I reached N.A., my faith was pretty well shot. I believed that if there was a God, I had burned up all the bridges that led to him. I didn't feel worthy of God's grace. The mention of God made me cringe with guilt and brought unpleasant memories of a God that didn't work for me.

But, I had a desire to stay clean and knew I couldn't do it alone. At the meetings, I saw other addicts who were not using. They seemed to be happy and comfortable without the need of drugs. That gave me faith that I could do it too. I reached out to the group for help. That in itself was the beginning of my

(con't)

(con't)

restoration to sanity. I felt the strength of a Power greater than myself working through the members. The more I reached out, the more I felt happy and comfortable without getting high. My faith grew daily.

Eventually, I found myself in situations, at work and in relationships where I needed something to turn to in order to survive. Saying a short prayer, and asking for the strength to get through a difficult situation worked. This gave me more faith that there was a power greater than me working in my life. All I had to do was ask for it, and it was there.

Often, I would remember something someone said in a meeting, and this helped tremendously.

As I grow in recovery, and continue to attend meetings, the 2nd step takes in deeper meaning. The levels of sanity become clearer and more realistic, as my old ways leave me and I see the program working in my life. My relationship with a Higher Power is more personal and stronger than ever. My faith continues to grow.

Pete B.

How I Got My Choice

In my addiction I was a very sick person due to the fact that I was dealing with a disease. A very cunning, baffling and powerful disease which was addiction. My addiction took me down to the point I didn't care about others or myself. I was physically, mentally and spiritually beat. By the Grace of God I found myself in a detox. From the detox I went to a rehab.

Due to two positive urines I was transferred to another rehab. At first I went into these rehabs to keep a relationship, then I started to find out about my addiction. I knew that I had to do this all for me. In those rehabs I was introduced to N.A. which I felt very comfortable with, because I felt at home knowing that some people were as sick as I and that I was not unique or alone. It was working for all the members, even the hard core junkies like myself. I saw people happy and content with themselves and I wanted that. I had a sigh of relief knowing

(con't)

(con't)

that I could actually have hope, to arrest this disease of addiction I had. There are 12 steps of recovery and I knew I took my first step when I walked into the doors of the rehab I wanted to get well. I knew I was powerless over my addiction and that my life had become unmanageable. I admitted this immediately but to accept this was a little harder. I graduated the rehab and got out of a three year relationship that I was involved in. When I hit the outside meetings I continued to learn about recovery because I was Honest, Openminded and Willing to try the way it is suggested, and I was well on my way and didn't even know it. I chose a sponsor and I was Openminded to what he had to suggest only because I was a sick junkie. I wanted to change and change did start in my life. I made 90 meetings in 90 days and things were getting better and I was convinced that this program worked because it was working for me. When I entered this fellowship I had no hope and today I have lots, as long as I take suggestions, live one day at a time and work the 12 steps. I can become the person I always wanted to be.

Today I'm physically strong, I have feelings and I do care about myself and others. I'm in touch with my Higher Power and I know right from wrong. I help newcomers because I can only keep what I have by giving it away. I read the basic text and the rest of the literature. This is a simple program and it does work! (Through God, the Fellowship and the 12 steps). I'm going to keep coming back. I love N.A. because they showed me that I have a choice today. I'm not a dreamer anymore, I deal with reality.

A Faithful Member
of N.A. *Danny M. 1984*

The Cleansheet committee expresses no opinions in this newsletter. The views and opinions in the Cleansheet do not necessarily reflect those of N.A. or of N.A. as a whole.

THE LIFE OF AN ADDICT

The life of an addict is bitter and sad,
When he thinks of the good life he could've had.

While into his body the drugs would mix,
Then all he can think of is his next drink, pill or fix.

Surely he knows that this addiction is really insane,
When he's seen all his hopes in life going down the drain.

His life is spent only to find ways to get drugs,
Like water in sinks, without any plugs.

He'll hurt, rob and steal, with a head that's not level,
Why, for drugs he'd sell his soul to the devil.

He does things that hurt people without even a tear,
For drugs have taken his emotions of love, care and fear.

He'll defend his right to get high, until he's out of breath,
Or until he ends up in jail, an institution or death.

He's got troubles at home with friends and the cops,
This routine is endless, no, it never stops.

He's destroyed himself morally, physically and mentally as well,
Life for him is virtual hell.

He can't face life, without this crutch that he bears,
It seems no one's able to help him, make nobody cares.

Well, if you can relate to him in any kind of way,
Please give an ear to what I have to say.

For there is a sure way you can cut it loose,
That life destroying addiction of compulsive drug abuse. (con't)

(con't)

The way out is sure and is promised too.
Its working now for thousands and it will work for you.

Its a program for living that you can really trust,
The name of this hope is NARCOTICS ANONYMOUS.

So listen my friend to what I've just said,
If your still using drugs, you" re already half dead.

Won't you give N.A. a try for just ninety days?
The results of this program are sure to amaze.

God knows it's the truth and not a big lie,
We want you to live, not go on and die.

If you 've got any doubts, then here 's who to see,
ask any recovering addict, that includes me!

**If You want to use DRUGS; That's Your business
If You WANT TO STOP. That's Ours
Call NARCOTICS ANONYMOUS At
1-800-232-HOPE
for someone to talk to, and meetings in
your local area.**

WHEN GOD WANTS TO REMAIN
ANONYMOUS
HE GOES BY THE NAME
"COINCIDENCE"

RIGOROUS HONESTY

The "rigorous honesty" which the program talks about is something I found both extremely important and closely tied to the first step in my recovery. From my very first meetings I heard over and over again the phrase "get honest". Having been caught up in an active addiction for many years, honesty was not part of my daily life. However, my sponsors and friends in the fellowship told me that it was absolutely essential and that real recovery would elude me if I did not try to be rigorously honest in all my affairs. The first thing which I had to get honest about was what my addiction did to me. Over the years, I had learned to justify and deny much of what happened as a direct result of my addiction. When I began to share with other NA members this started to change. Slowly the truth started to emerge. This process of attempting to get at the exact nature of my past helped me later on in the writing of my 4th step. Next, they suggested that I get honest in my financial affairs. I started to do this. They explained to me that my need to duck bills and evade responsibilities was due to fear of financial insecurity. That I should trust my higher power unconditionally in all my affairs. I found that this honest attempt to get at the truth became the first spiritual principle which worked for me. I discovered to my amazement that I no longer needed to duck my creditors or lie to my sponsor. The truth did not hurt at all. I now know why the program teaches that with honesty, open-mindedness and willingness we are well on our way.

ANONYMOUS

SHARING OUR EXPERIENCE, STRENGTH AND HOPE

N.A., as I know it, offers a place where I can go to meet other addicts who are recovering from the disease of addiction. With a meeting, I get a lot of strength and hope
(con't)

(con't)

from hearing other members sharing their personal experiences, staying clean, and working the steps in their lives. I don't get much from those who quote books or who tell everyone else how they should work the program. For that, I could go to a library or a church. I get the most from members who talk about their struggles and successes, their hopes and their fears. This lets me know that I'm not alone in my own struggles and my fears. When I hear how another member overcame a certain obstacle in his own recovery, I get hope that I could do the same.

I'm grateful that our traditions state that we have no leaders—that our only authority is a loving God as he may express himself through our Group conscience. When I see someone acting like a leader, or telling me how I should work my program, I remember the Traditions and get reassurance that I don't have to conform to any leaders of any prescription form of recovery. All I have to do is stay clean, work the steps, share my experience at meetings, and listen to others who are doing the same. The leaders can go find someone else to lead. God, as I understand Him, is the only leader. I'm grateful for the freedom N.A. gives me to grow freely, along spiritual lines, and to have no authority figures to answer to. This keeps me coming back.

Pete B.

PHILADELPHIA AREA
NEWSLETTER

Subscription order form: \$5.00 for one year from the
date the subscription starts!!!

Name _____
ADDRESS _____
CITY _____
STATE _____ ZIP _____

Make checks payable to "THE CLEANSHEET

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

12 TRADITIONS OF N.A.

1. Our common welfare should come first; personal recovery depends on NA unity.
2. For our Group purpose there is but one ultimate authority - a loving God as He may express Himself in in our Group conscience; our leaders are but trusted servants, they do not govern.
3. The only requirement for membership is the honest desire to stop using.
4. Each Group should be autonomous, except in matters affecting other Groups, or NA, as a whole.
5. Each Group has but one primary purpose - to carry the message to the addict who still suffers.
6. An NA Group ought never endorse, finance, or lend the NA name to any related facility or outside enterprise, lest problems of money, property, or prestige divert us from our primary purpose.
7. Every NA group ought to be fully self-supporting, declining outside contributions.
8. Narcotics Anonymous should remain forever non-professional, but our services may employ special workers.
9. NA, as such, ought never be organized, but we may create service boards or committees directly responsible to those they serve.
10. N.A. has no opinion on outside issues; hence the N.A. name ought never to be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.
12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

