



Cleansheet

Issue # 10 Phila. Area Newsletter Oct. 1984

Our Members Write...

After being beaten into submission by addiction, I had the deepest feeling of being a really hopeless case. It seemed that there was nothing I could do to stop the progression that I knew was firmly imbedded in and through my whole being. Every attempt to stop or reverse the deterioration had failed. I could not see the bottom of that bottomless hell I had been living in for so many years. Then, for the first time, I knew that I was a real addict. All of the pain, work, tears, trying, self-help, programs, therapys, etc. amounted to absolutely nothing. I was a goner. I just couldn't fix me and nothing else could either. That's when I turned to some Higher Power and asked for something. I didn't know what.

When I went to bed that night, I was already given the gift which I know was the beginning of recovery. A sponsor, a home group, and the Twelve Steps were the solution. I really did come to believe that only a Power Greater than myself could do the job that nothing else could. Then with the help of my sponsor, I went on to Step Three, then Four, and then Step Five.

Upon arriving at Step Six, I realized that as a result of the previous five steps, I sure had alot of things that needed fixing or removal. But, how were they going to get fixed? I didn't know. While sharing this with my group, it was pointed out to me that the implication in this Step is that we're ready to have GOD do the job. This realization prompted a stretch of faith that I formerly never had. It meant even more to me when I realized that the job is in the hands of God. It was a wonderful relief to know that I didn't have to work on me anymore, and that I didn't have to rely upon any other human effort or mechanical process. THANK GOD.

Anonymous



Conventions & Announcements

3RD ANNUAL VIRGINIA CONVENTION

Date: January 4-6, 1985

Theme: "Spirit of Unity - Foundation for the Future"

Place: New Marriot Hotel
Richmond, Virginia

Events: Speakers, Meetings, Pool, Jacuzzi, Banquet, Dance

Cost: Registration \$15; Registration, Banquet, Dance \$40; Registration, Banquet, Dance, Meals \$70

Mail to: 3RD A.V.C.N.A.,
P.O. Box 25285
Richmond, Virginia 23260

Call: Tracie S. (804) 264 - 3910

LETTER FROM THE CLEANSHEET COMMITTEE

The Cleansheet has had great honor in serving our fellowship for the last eight months. We have grown a lot closer and experienced what selfless service is all about. We cannot express our gratitude for our recovery anymore than to continue the efforts we have already started. We have had hard times when we do not have input to work with. Sometimes we have to make phone calls to find out what is going on in our area (such as Group news, different Areas news, and recovery news). We need your help, we cannot do this alone. Remember our primary purpose is to help a suffering addict. Take a few minutes out of your day and write your experience, strength and hope. It might just save an addicts life. We hope that this Cleansheet will end up in the hands of a still suffering addict and with your help we can share with him that there is a better way so that he may get what was so freely given to us!!!

Area News

The Philadelphia Area Service Committee met on August 11th, 1984. The following are highlights of that meeting:

The Area Service meeting went very smooth. All Subcommittees are doing good. There are some positions that will be opening soon. Anyone interested in taking a position at the Area level please talk to your Group's G.S.R. or attend the next Area Service meeting. The next Area Service Meeting meets on Sunday, September 8th at 7:00 p.m., Harrison Ave. and Roosevelt Blvd. All are welcome to attend.

Regional News

There was a Greater Philadelphia Regional Service Meeting on July 21st in Montgomery County. The new system of moving the Regional Meeting around and having it in conjunction with a dinner and dance seemed to work real well, as there was about three times the normal attendance. A new Area, the Shore-Coastal A.S.C., was accepted into the region. There was a new chairman and P.I. co-chairpeople elected for the region. There is an opening for a Convention Committee chairperson, H&I Committee chairperson, Treasurer and R.S.R.-All. Philadelphia Area is getting stronger support, 22 Groups, doing well. Bucks County A.S.C. is faltering, in strong need of people willing to take service commitments on the Group and Area levels. Tri-County is back to reconstruction of the Area. South Jersey has 3 new meetings and are talking of possibly forming a New Jersey State Region. Montgomery County is doing well. The Shore-Coastal Area is still in for-

ming stages and are moving along well.

The regional Life Review Committee has established a working committee and will be having monthly meetings, call Bob at 215-886-7233 for information. A reminder to review and submit input on pamphlets that were distributed to the Area. The next Regional Meeting will be held in Bucks County on September 15th. It will be held at Holy Ghost Prep. School at Bristol Pike (Rt. 13) & School Rd. Meeting begins at 12 noon and there will be a dinner and dance afterwards. All are encouraged to attend. For more info call Bob at 215-886-7233, give it away.

Experiences On This Step...

STEP NINE

When I was asked to write for the Cleansheet, I naturally said to myself, 'NO, how could I write about something I never did.' I mean when it says in the ninth step, we made direct amends to such people, etc. To save you readers from the burden of not getting to the point, I'll tell you my experience with it.

Only being in the program a short time, unlike everything else I've done in my life, I did do these steps to the best of my ability. Of course, each new step was sometimes (at least to say they were to me) full of experiences happening at the time they did. For example, I told my sponsors, both of them, that I had no family, but then I guess because I didn't realize at the time my brother did not want me in his life for a long time. I saw him last year for the first time in eight years when I was in a mental institution, and I have not heard from him. So I long since had given him up as a lost cause. But then before Mothers Day of this year, my brother, whom I've never really known, called on the phone just to let me know that he did try to see me a few times but couldn't. He even told me that he loved me, which was to me a great amends for us. Something I've always wanted was some kind of relationship with him, but never had.

I guess because God really makes our amends for us when it is impossible or we are just incapable of doing it ourselves. Direct amends were made for me for which I'm really grateful. So now I just try to tell God to do his thing for me and I just keep on with my letting God help and ask no questions as to how or why he did it.

Anonymous

STEP NINE

After taking the first seven steps with guidance from our sponsors who had their experience on these steps to share with us, we were willing to make a list of names of those whom we had harmed and by this time we were willing to make amends to these people.

This brought us to the ninth step. We were told by our sponsors to do nothing, (id-low); that the means for all of these amends would be supplied for us by this Higher Power that was already working in our lives. We were not about telling everybody on the list that we were sorry, but repairing and mending the harms we have caused when the opportunities presented themselves.

By this time there was no fear in us about dumping into any of these people because we had experienced the eighth step and were willing and not afraid anymore to do whatever we had to do for this recovery. The fear had been replaced by faith in our Higher Power, and all parties including us would be taken care of (and we were and still are.) We were happy to find out that we did not have to complete all of these amends before moving on to the tenth step. We cannot explain in words the new freedom we live today through experiencing these 12 Simple Spiritual Principles.

STEP NINE

After experiencing my first eight steps, I was ready for step nine. When I first read the step I immediately thought to myself, 'How am I going to be able to tell everyone that I am sorry for all the bad things that I have done to them.' My sponsor then pointed out to me that I didn't. She explained to me that when it was time for me to make an amend to someone who I have harmed, God would put him/her in my path. We went on to talk more and I discovered that the process of the ninth step had already begun for me. My sister was short on money and I was able to lend her a few dollars. The amends were already in the process of being made. It was almost like God was doing it for me. People on my eighth step list began showing up in my life for short periods of time. Sometimes all that was necessary was for me to extend my hand a little more than usual. The situations just seemed to happen. The opportunities were just there and I did not have to make them there. When I tried to make them happen, my motives were usually screwed up and the plan bombed out and more harm was done. My sponsor continued to guide me through the rest of the steps and today my life is unbelievable! I owe it all to my home group and the people in it, the twelve steps, and most of all God.

The Cleansheet

P.O. Box 14541

Phila., Pa. 19115

The CLEANSHEET is a subcommittee of the Philadelphia Area Service Committee. The primary purpose of the CLEANSHEET is to provide a written message of recovery to addicts seeking recovery; to promote unity; and provide our members with news. The opinions expressed herein are from the individual member of N.A. and do not necessarily represent those of N.A. as a whole. All input is welcomed and needed to carry the message. The CLEANSHEET is a monthly publication. Subscriptions are available at a cost of \$5.00 per year. Send name, address, and check or money order to:

THE CLEANSHEET
P.O. Box 14541
Phila., PA 19115

CLEANSHEET committee meets the first and third week of every month. Every is welcome. For time and location call: Andy (215) 676-8784, Bob (215)-886-7233, or Jeff (215)-947-5435.

New Meetings

Wednesday - "K.I.S.S. Group" 1:00 p.m.
1502 Frankford Ave.

Tuesday - "G.D.A.T. Group" 8:00 p.m.
Guifree Med. Center 11th Flr.
8th & Girard Ave.

NAR-ANON

Anyone interested in Nar-Anon, which is for the friends and families of addicts, there is now a Sunday night meeting in Philadelphia at 8:30 p.m. The Group meets at the Dixon House, on 20th St. between McKean St. and Mifflin St. in South Phila. For more information call Beth at (215) 389-7359.

H&I Committments

PRISON COMMITMENTS

House Of Correction - Wed., 7:30 - 9 p.m.
(Men) Host - Butch M. (535-3195)

Laurel Hall - Tues., 7:30 - 9 p.m.
Host - Paul N. (634-7261)

Homesburg - Tues., 8 - 9:30 p.m.
Host - Paul K. (456-0613)

House Of Correction - Sat., 9:30 - 11 a.m.
(Max. Sec. Woman) Host - Diane W.
(426-7074)

House Of Correction - Mon., 8 - 9:30 p.m.
(Min. Sec. Woman) Host - Mary Mc.
(769-7665)

Detention Center - Thu., 9:30 - 11 a.m.
Host - John S. (332-2209)

Requirements: need I.D.; 6 months cleantime to Chair; 3 months cleantime to speak. Call host of commitment desired. H&I Committee meets every 1st Sunday of the Month, 7 p.m., call Diane W. 426-7074.

Changes

GROUP CHANGES

Tues. - Fri. - Sun. - "South Phila. Group"
8:30 p.m.
Dixon House on 20th St.
between McKean St. and
Mifflin St.

