

APRIL "85"

Issue 4

Cleansheet

"MOST PEOPLE ARE JUST AS HAPPY
AS THEY MAKE UP THEIR MINDS TO BE"

ABRAHAM LINCOLN



New Meetings

- 1.) Al-Assist
9th and South Streets
Monday 7:00-8:00 P.M.
- 2.) Take a Chance Group
Academy and Torrey
Academy Sabers- next to basketball court
Thursday 8:00 P.M.
- 3.) 369 N.A.
Ryan and Sandyford Roads
Wednesday 6:00-7:30 P.M.

ANNOUNCEMENT

THE 1-800-232-HOPE HOTLINE NUMBER HAS BEEN DISCONTINUED.

THE NEW HOTLINE NUMBER IS 934-3944.

The 1-800 hotline phone number was run by addicts outside of the Philadelphia area. Their irresponsibility led the phone company to disconnect the 1-800 number. A small group of people came to the rescue and started the Philadelphia Hotline again. Help is needed in everything involved in putting the Hotline together.

If you want to get involved in the Hotline contact:

Harry G. 698-9706
Ellis B. 947-9969
Kip T. 245-0938

HELP!

If you don't like what you see, get involved. We need your input. Please mail in your experiences on the STEPS, TRADITIONS, CLICHES, POEMS, ANNIVERSARIES, ANNOUNCEMENTS, CARTOONS, DEAR ADDICT and NEW and/or CHANGED MEETINGS. We also are seeking people interested in publishing. We need each other to survive! Input address for mail input and information.

CLEANSHEET COMMITTEE
c/o P.A.S.N.A.
P.O. Box 52020
Philadelphia, Pa. 19115

Our Members Write

I came into the program last June. I heard so many wonderful things that happened to people in N.A. This was all new for me.

I was active in my addiction for 11 years. I knew of only one way of living; on the streets. I was told all of my ways had to be changed. I stuffed so many feelings inside that I did not understand. I hated myself for the past.

A member of N.A. told me he felt the same way when he first came around. He suggested I get phone numbers, go to meetings and listen to others. I heard people give their experiences and talk about the twelve steps. In the meetings, I felt the love I've always searched for.

As time went on, I felt better about myself. I met people who really cared about me. They suggested I work my first and second steps and pray to God, as I understood him; thanking Him for keeping me clean, one day at a time. I started cutting down on meetings, avoiding the new friends. I made excuses to my sponsor.

In my sixth month, I went back again. The pain inside was so acute, I couldn't stand it anymore. What I heard about the progression was true, my addiction was waiting for me just as strong as ever. It only took one day for me to end up in the hospital. People from N.A. came to me and said everything would be okay. I couldn't believe these people still cared for me and wanted to be around me after my fall. I broke down and cried. I hadn't cried since I was a child. I reached out to people in N.A. for guidance.

I heard many times "You must be totally honest to make it." Everything I heard in the rooms was true. I now have a higher power to pray to, He is God. I feel that my new understanding of the program was a spiritual experience. I now know that whatever I feel inside, someone else will understand.

I talk about my past and the pain I have inside. Each day I get better and the pain gets smaller and smaller. I have to be honest with myself and others. I work the steps the best I can. I just got my ninety day keychain. The pain I feel is from change. Whatever is on my mind, I talk with another addict.

Don't ever hold back on your feelings. Talk about them in a meeting or one on one with someone. I am now one of the persons in N.A. We are a big family and we love and help each other live one day at a time. It feels so good.

Thanks,
Jim L.

THIS MONTH'S STEP

The Fourth Step

After experiencing the third step, I had to prove to God that I wanted to do his will and change for the better. I did this by experiencing the Fourth Step. I talked to my sponsor and he gave me a guide to go by. I got down on my knees and prayed that I write what I need to and not what I want to, and that God guide my thoughts my hand and my pen.

Four hours and seventeen pages later, I was finished. It felt good to do it and it was a lot easier then I imagined. But, I knew I wasn't finished yet, I had to go on and do the fifth step.

A Powerless Addict

The Fourth Step

My fourth step was not easy. It was a long, difficult and painful process. I did my fourth for two reasons. First, my sponsor pushed me by telling me that I wouldn't know peace until I did a fourth step. Second, I could tell the difference between addicts who had done a fourth step and those that hadn't. The ones that did had a peace of mind and no compulsion to use. Those that didn't were just like me; clean but not happy and free.

I found, by doing a fourth step, that what I saw was true.

The fourth step gave me a chance to face myself, honestly, unafraid. I began to see that I was both a human, just like everyone else in the world, and a child of God, just like everyone else. This was important for me and I need to remember it still. I forget that I'm not nearly as important than I think and that, in this world, I am surrounded, not by strangers but by brothers and sisters of God.

Fred William

MEDITATION of the MONTH

I can depend on God to supply me with all the power I need to face any situation, provided that I will sincerely believe in that power and honestly ask for it, at the same time making all my life conform to what I believe God wants me to be. I can come to god as a business manager would come to the owner of the business, knowing that to lay the matter before Him means immediate co-operation, providing the matter has merit.

Taken from "Twenty-four Hours a Day" Hazelden

TRADITION 4

Each group should be autonomous except in matters affection other groups or N.A. as a whole.

The word autonomous means to stand alone. This tradition affords every group freedom to continue to grow. Trial and error is the stepping stone to a groups growth. Any group of three or more people may call themselves on N.A. meeting; provided they have no affiliations with other groups.

An N.A. group may decide their own bylaws. Such as smoking or non-smoking, gay or straight meetings, nude or semi-nude meetings, etc. The problem comes in when an N.A. meeting becomes affiliated of associated with other groups. A Jehovah witness meeting of N.A., a reverend Moon meeting of N.A., a bible meeting of N.A., a Jewish meeting of N.A. are all affiliations and don't work for one reason. The only requirement for membership is the desire to stop using and affiliations with other groups exclude certain people. We must always remember the primary purpose is to help the suffering addict regardless of age, sex, color, creed, religion or lack of religion.

Serenity



SANDS OF TIME

*Life was like a desert
of which it had no end.
To find the hope and security on
which my life would depend.
Mirages I've seen in front
of me all crumble to the touch.
I never thought I could hope to
find a helping hand and a caring touch.
The sands of time in front of me
alone I tried to climb.
and everytime I tried alone,
I'd slide back down it's side.
My thirst was growing unbearable
My eyes could barely see.
When I thought I was at my end,
That's when my Lord set me free!*

Mark M.

POETRY

What a change in me!
 How different I am
 from that sleazy, confused girl
 whose life was a total jam.
 A metamorphosis occurred;
 it all started when
 I admitted my life was unmanageable
 and had to learn to live again.
 It was very frightening,
 this new road I was to take,
 but I started wanking anyway,
 the drugs I had to forsake.
 Many people did I encounter
 along this rocky road;
 and they reached out their hands to me
 and helped relieve the load.
 Thinking I was crazy,
 I didn't dare let anyone know
 what was really wrong with me,
 for they'd surely ask me to go.
 But a funny thing happened
 when I listened to them share.
 They were feeling the same way I was;
 Maybe I wasn't so rare?
 From those brave and happy people
 who so willingly bared their souls
 I got strength and courage
 to live again and set new goals.
 From that 19-year-old girl
 who didn't know her mind,
 I've grown into a woman
 with a purpose in life
 I thought I'd never find.

And I wouldn't have found it at all,
 I'd still be lost and paranoid
 If it weren't for Narcotics Anonymous,
 the program that filled the void.
 L.M.L. 2/28/85

GOD KNOWS BEST

Our Father knows what's best for us.
 So why should we complain?
 We always want the sunshine,
 But He knows there must be rain.
 We love the sound of laughter
 And the merriment of cheer,
 But our hearts would lose their
 Tenderness if we never shed a tear.
 Our Father tests us often
 With suffering and with sorrow,
 He tests us not to punish us,
 But to help us meet tomorrow...
 For growing trees are strengthened
 When they withstand the storm,
 And the sharp cut of the chisel
 Gives the marble grace and form.
 God never hurts us needlessly;
 And He never wastes our pain,
 For every loss He sends to us,
 Is followed by rich gain.
 And when we count the blessings
 That God has so freely sent,
 We will find no cause for murmuring
 And no time to lament...
 For Our father loves His children,
 And to Him all things are plain.
 So He never sends us pleasure
 When the soul's deep need is pain.
 So whenever we are troubled,
 And when everything goes wrong,
 It is God working in us,
 To make our spirit strong.

John N. Motschall

!!! L I S T E N !!!

When I ask you to listen to me
and you start giving advice
you have not done what I asked.

When I ask you to listen to me
and you begin to tell me why I shouldn't feel that way,
you are trampling on my feelings.

When I ask you to listen to me
and you feel you have to do something to solve my problem
you have failed me, strange as that may seem.

Listen! All I asked, was that you listen.
not talk or do -- just hear me.

Advice is cheap; 22 cents will get you both Dear Abby and
Billy Graham in the same newspaper.
And I can do for myself; I'm not helpless.

When you do something for me that I can and need to do
for myself, you contribute to my fear and weakness.

But, when you accept as a simple fact that I do feel what I
feel, no matter how irrational, then I can quit trying to
convince you and can get about the business of
understanding what's behind this irrational feeling.

And when that's clear, the answers are obvious and I
don't need advice.

Irrational feelings make sense when we understand what's
behind them.

Perhaps that's why prayer works, sometimes, for some people
because God is mute, and he doesn't give advice of
try to fix things. "They" just listen and let you
work it out for yourself.

So please listen and just hear me. And, if you want to
talk, wait a minute for your turn; and I'll listen to you.

Anonymous

advice

Dear Addict;

My schedule has put a great change in my life. My meetings are very few. As a result of this change I'm going Bonkers!!! How do I not forget my basics and where I came from for future change.

Signed,
Desperate and Willing

Dear Desperate;

It just so happens that I am going through the same problem. The way I am handling it is, I call friends in the program and my sponsor as much as possible. Remember, that the program goes with you wherever you are, not just in meetings. So keep on praying and read literature or a spritual book and live the program by practicing the twelve steps.

SUBSCRIPTIONS ARE AVAILABLE FOR \$7.00 PER YEAR.

NAME _____

ADDRESS _____

_____ ZIP _____

SEND CHECKS OR MONEY ORDERS TO:
The Cleansheet
P.O. Box 14541
Philadelphia, Pa 19115