


JUNE 1985

ISSUE IV

# CLEANSHEET

 THE  
GIFT  
OF  
LIFE

# POETRY

## The Rain

I think it rains to hide the pain in the darkness.  
I think it rains to have no fear in the light.  
I think it rains to make a decision to do what is wrong.  
Where in the light we will sometimes do what is right.

I think it rains to call forth a need.  
But to start our own world we must first plant the seed.  
The seed lasts forever the world does not.  
For what stand up for, the rain forgot.

The rain will go on forever and we must decide what is better.  
To live in darkness and darkneses pain or live in a world  
where we must work for what we gain.

Brian K.

Darling,  
I'm writing to tell you  
How I'm feeling  
You broke my heart but now it's healing  
Your probably high  
But listen if you will  
Remember the time you gave me those pills?  
You said they would make me feel happy and gay  
Well I'll tell you how I feel  
Lying here today  
I guess your calling all the girls honey  
cause those pills have brought you lots of money  
For the past 9 months I've been ashamed of having a baby  
with no last name  
Oh by the way, our son can't see because of those pills  
you gave me. They say he'll never be able to talk  
he took a test he can't walk  
I'll tell you now what I don't need, that little PILL YOU CALLED  
" SPEED " I'll think for a while about what you've done cause last  
night we lost our son. Please come to the funeral  
I wish you would. Just to let GOD know, you  
did something good.



## STEP 5

After completing the fourth step, I was left in a dilemma. What was I to do with it? I reached down and searched my soul. What I discovered was deep hatred and remorse. There was no more hiding. I wanted it bad.

Admitting to God and myself took place mostly in writing my fourth step. Each time I wrote something down I was admitting it to myself and each time I needed more strength, I would ask for God's help and forgiveness for the things I was uncovering. The final part of the fifth step was the hardest. Getting ready to admit to another human being the exact nature of my wrongs was one of my most frightening experiences. I never let anyone know me, I was afraid of rejection. I was scared people would not like me anymore. I was very alone. Sharing myself with another human being ended the loneliness I had felt all my life. I finally let someone in, totally, leaving nothing out. What I found was that I was no longer afraid of what others thought of me because I learned to accept myself.

I was able to forgive myself of the past. I no longer have the intense guilt and remorse. I can love myself today and in turn love other people.

It did not end here. I gathered my courage, asked God for help and moved on to Step 6.

### ANONAMOUS

Step 5 for me was awkward. I was not sure if I felt the experience of this step or not. I was not sure of anything being suggested to me. I felt like a real "craze" to talk to myself in a mirror in my room admitting to myself the exact nature of my wrongs. The second part, admitting to God the exact nature of my wrongs. I was hiding behind the door again in the mirror hoping no one would walk in or hear me talking to myself, let alone the defects I had to say. I was feeling God already knew what I was about. Why will forever drive us crazy! The third part of this, admitting to another human being the exact nature of my wrong came easy to me. I have trouble keeping pain inside of myself. Today I am going to do my steps again. I finally realized the steps are done over and over again. We must teach ourselves to practice them everyday in order to receive change. Emotions, Issues and Problems will always be around and with these steps the pain can be elevated. I love Narcotics Anonymous for the mental rewards I have received with each change. It has given me a feeling of hope, a feeling of I am okay today. I will always need guidance let us all find it in each others hearts to remember our principles of our fellowship.

Gratefully and Emotionally to all,  
Marcee D.

# SHARING

I have felt alot of pain in my life. I was scared,lonely,always confused,fear had always run my life! I was lonely never having any friends, acquaintances just used me. By staying clean I am slowly setting myself free. What I had to do was get honest. I took a risk and let people into my life. I raised my hand in the meetings and was able to talk about what was really going on in my head. Working the steps became a big priority in my life. I took an inventory and realized there was great need of change. I made amends and started being grateful for what I have not what I want. Gratitude doesn't come by comparing myself to others. It comes from looking at myself from where I was and where I am now. I have more now than I ever wanted,more than I ever imagined was possible. Today I am free,one day at a time,but to keep it I must be consistent. I have to work the program not just during meetings but all day long. Daily I try to keep a positive attitude, treat others with respect and be grateful for what I have. All this keeps me away from relapse. I love the program and I am grateful for what it gives me. It gives me everything I need: respect,love,God and friends.

Love ya,

An addict who is clean by all  
of your help, THANKS!

I guess we all know the hot weather is here. Being an addict some of us get another disease called "Rabbittitis." We begin to relapse. We forget where we came from and why we feel as good as we do. Our meetings start to slack off. We forget to call our sponsor, and we lose time for reading our basic text and literature. We must be aware that we could be relapsing because we could use and die, or get locked up and not have a chance to make it back. Remember, it is life or death, not a game. Recovery must come first and the way to keep it is by staying consistent in what we have been doing. It is not a seasonal program. Please don't be part of "Rabbittitis." I have seen people get this disease and not make it back.

Now that you have been made aware of this disease, there is no excuse. Please take an inventory and stay on top of your program. I need all of you. We all need new comers, and they need us. Let's be part of the solution and not the problem. Now be good to yourself and the people in the program.

Get a pen and paper, pray for God's guidance and write something for the clean sheet.

Love Ya, An addict who is recovering with all your help.

THANKS



## Acceptance

I can remember the day I changed. My dad left me. My mom went to work seven days a week, and my two brothers told me they didn't want their punk kid brother hanging around with them. What did I do wrong? I felt abandoned. I didn't feel accepted.

I didn't want to feel the pain. It hurt too much. It was easier to feel the rage. So I went on a path of destruction. A lonely path that lasted fourteen years. All I ever really wanted though was acceptance, some love.

I never told anybody how I felt. But today I'm learning. With the help of God, N.A., and alot of other positive people, places, and things, I'm starting to reach down and pull out those feelings. You see, my family helps me today. I go to other 12 step programs. I go to therapy, and career counseling. I go to a tutor when I'm behind in my math studies. I ask someone on the street directions when I'm lost. I never asked anyone for help before. I had that, " I don't need nobody " attitude.

Well fellow N.A. members, I need you, I need you something fierce. All I want is to be accepted. So if I prefer the word "sober" to "clean", please don't correct me. I believe it's not a requirement for membership to have a proper command of the English language.

I'm not trying to make you resent me. There's alot of things that go down I certainly don't agree with. But I try to practice the principles of the program before my personalities. And yes, I would like to be accepted for who I am.

Anonymous

## NEW MEETINGS

- 1) NEW ATTITUDES  
Monday 8:00p.m.  
1912 Welsh Road
- 2) TEEN MEETING  
Wednesday 7:30p.m.  
1912 Welsh Road
- 3) AL-ASSIST  
9th and South Sts.  
Monday 7:00p.m.

## MEETING CHANGES

- 1) CLEAN TOGETHER  
2125 Chestnut St.  
Tuesday 8:00p.m.
- 2) OXFORD CIRCLE GROUP  
Friday 7:30p.m.  
Oxford Ave. & Roosevelt Blvd.  
Saint Martins Church
- 3) 38th & Chestnut Sts. Group  
same day same time  
moved to Saint James Church
- 4) Manayunk Group  
Friday night meeting will be  
closed beginning June.  
Group is looking for new place.

CONTRIBUTION GUIDELINES.....

WHAT IS ALLOWED:

- 1) Narcotics Anonymous related material, as in but not limited to: Area, Regional and world approved activities.
- 2) Poems by members of N.A.
- 3) Writings on N.A.'s twelve steps and twelve traditions.
- 4) Stories (qualifying) of N.A. members.
- 5) Topic Discussions
- 6) Sobriety birthdays of N.A. members. (birthdays only)
- 7) Cartoons, drawings and jokes.

WHAT IS NOT ALLOWED:

- 1) Profanity and vulgarity, excluding: "damn, hell, God, butt, ass (as in kicked my ass)".
- 2) Non-Narcotics Anonymous related or affiliated material, as in: A.A., C.A., O.A., G.A. or Alano Club announcements.
- 3) Reference to outside enterprises.
- 4) non-original material, as in: quotes.
- 5) Material that violates the Narcotics Anonymous' twelve traditions.
- 6) Personal or classified ads.

(6)

We are now accepting donations from the groups, Please! Help us to continue to Carry The Message! Without fellowship this could not be.

Subscriptions are available for  
\$7.00 per year.

Name \_\_\_\_\_  
Address \_\_\_\_\_  
State \_\_\_\_\_ Zip Code \_\_\_\_\_

Send check or money order to:  
THE CLEANSHEET  
C/O of P.A.S.N.A.  
P.O. BOX 52020  
PHILA. PA. 19115

(7)



GUIDELINES CON'T .....

Name and address - \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Comments or Suggestions - \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Input for upcoming issues - \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I, \_\_\_\_\_, give the Newsletter Committee, a subcommittee of the P.A.S.N.A. permission to print any input accompanying this form in the area news letter. I also agree to allow the Newsletter Committee to edit any and all contributions, I.E. profanity, punctuation, and spelling without taking away from the content of the input.

\_\_\_\_\_  
signed

(8)