

CLEAN SHEET

P.O. Box 44
Claymont, DE 19703

Vol.1 No.2
Oct. - Nov.



Dear NA Members:

The CLEANSHEET is a subcommittee of the Greater Philadelphia Regional Service Committee. The primary purpose of the CLEANSHEET is to provide a written message of recovery to addicts seeking recovery, to promote unity, and to provide our members with news.

The opinions expressed herein are from the individual members of N.A.; and do not necessarily represent those of N.A. as a whole.

All input is welcome and needed to carry the message. Everyone is welcome and encouraged to attend our meetings. For time and location call: Steve R. (302) 798-1262; Be (302) 428-0927; Deb F. (215) 532-7113. Anyone may also send input to CLEANSHEET; P.O. Box 44; Claymont, DE 19703.

JUST FOR TODAY I will have a program. I will try to follow it to the best of my ability.

When there is communication, and no listening, it is said all in vain,
When there is communication, and there is listening hearing and understanding, personal happiness one will gain.
In this program of N.A.; this is how we found peace and happiness one day at a time,
Practicing this method the N.A. way, the newcomer will find life is very kind.
Doing it this way,
they will have a good day.
Try it, you have nothing to lose, for you can go back and pick up your miseries anytime you want
And we will still love you!!!

Newark Noon Meeting

ANNOUNCEMENTS

- Tri-County Halloween Dance is October 9-11.
Tri-State Regional Convention - Pittsburg, PA - contact Ken (412) 521-1087 - Roz 361-6250 - Rich 371-3891.
Regional Service Committee Meeting will be on a rotating basis from area to area - see your GSR for where the next one will be.
WSC Quarterly in Denver, CO is October 18-20.
VRCNA V - Knoxville, TN - November 25-29.
CPRNA II - March 4-6, 1988 - Crystal City, VA - Stouffer Concourse Hotel, 2399 S. Jefferson Davis Highway, Arlington, VA 22202 (703) 979-6800 - Contacts - Lonacia C. (703) 437-6433 - Dave H. 860-2880 - Kevin A. 941-7474.
There is no longer a Sunday morning meeting at the Open Door.
The Saturday night meeting has moved from Lindell to Woodmill - 3/4 mile south past HOJO's on Kirkwood Highway.
H. & I. subcommittee of the SWANA meets every 2nd and 3rd monday at St. Stephens Church at 6 pm.
October 10 Swana is having a hayride - tickets are \$5 - contact anyone on the activities committee.

The program of Narcotics Anonymous is about
CHANGE
Because the same addict will use again!!!

HOTLINES

IN PA — PHILA. — (215) 934-3944
BUCKS COUNTY — (215) 934-3944
MONTGOMERY COUNTY
(215) 688-4730

TRI-COUNTY AREA
SMALL WONDER AREA (DELAWARE)
Phone 1-302-429-8175
IN CHESTER & DELAWARE
Phone 215-534-9510



OLD THOUGHTS NEW WAYS

WE DO RECOVER

I thought it was the only thing
That made me feel okay
Even though it made me sick
I knew no other way
I thought it woke me up
I thought it made me sleepy
I thought it made me happy
So why then did I weep?
I thought it made me pretty
I thought it made me smart
I thought it protected my feelings
So no one would break my heart
I thought it was the answer
I thought I had control
It progressed into a mess
'Till pain surrounded my soul
Then I found a place where I could go
Where I could feel okay
I found others just like me
Who found another way
I learned that I could go to sleep
And wake up on my own
And when I felt out of touch
I could pick up the telephone
I learned that being pretty
Had to start somewhere inside
And being smart was to open up
And show the feelings I hide
I learned that I have a disease
The odds against me are high
And if I don't work the steps I die.....

Diane M.
S.W.A.N.A.

The days we lived back in the past,
But somehow knew they wouldn't last.
The lying, stealing, cheating and sorrow -
but never had a moment to borrow.
We need help and could never see,
All this pain that was inflicted on me.
But now it's all so different today,
We surely had a price to pay!

Chris M.
"Get to it Group"

Found the Way

I think of the way things used to be
I thought I was cool, wild and free
I did whatever I wanted, I didn't care
Life was a bitch, it just wasn't fair.
I was the victim, poor, poor me
I couldn't handle life, I had to flee.
So I drowned my sorrows in a bottle
washing away all my tomorrows
I'd do pills, joints, needles, whatever
would be
As long as I didn't have to face reality.
I traded my morals, soul, conscience and
heart
For my lover, drugs, until death dous part
I degraded myself, but I didn't care
Then I'd black out the pain with whatever
was there
I had lots of rent-a-friends that soon were
gone
When I got more drugs they came back
before long.
I got sick and tired of living this way
I surrendered and changed, I'm new today
I changed all old people, places and things
Like a tiny baby dove, sprouting new
wings.
So respect and love yourself today.
Take time out to pray.
Work the steps and love each other,
Hug your sisters and brothers.
Deal with pain and do not run
Party clean and have REAL fun.
Life is too short to fuck around.
Follow the way that I have found
You don't have to hurt anymore alone,
Reach out to another, pick up the phone.
I can't do it alone, like I thought
I could.

But together we can, and life can be good.
With love,
Suzanne F.
Wilmington, DE

I graduated from Bowling Green Inn,
there I found a new life to begin.
I wanted to live life on my own,
but I found out I was more alone.
I wasn't following my program,
so I went back out and here I am.
I had to change my life for a better way for me,
so I moved back home to be a wife and mother,
something I wanted to be.
So now my husband is thinking about taking us away,
I'm scared and excited, but one good thing is
that I have N.A.
No matter where I am or where I'll be,
I just take it "One Day At A Time" and I'll
wait and see.
I know it will all turn out for the best,
I'll just turn it over to God, and he'll take
care of the rest.
So I'll miss all my friends, whom I care for and
love,
whenever in doubt look up above.

Beverly K.



TOMMORROW

He was going to be all that a mortal
 should be --tomorrow
 No one should be kinder or braver
 than he -- tomorrow
 A friend who was troubled and
 weary he knew
 Who'd be glad of a lift, and need it,
 too;
 On him he would call and see what he
 could do -- tomorrow

Each morning he'd stack up the letters
 he'd write -- tomorrow
 And thought of the folks he would fill
 with delight -- tomorrow
 It was too bad indeed he was busy today
 And hadn't a minute to stop on his way
 More time he would give to others he'd
 say -- tomorrow

The greatest of workers this man would
 have been -- tomorrow
 The world would have known him had he
 ever seen -- tomorrow
 But the fact is he died and faded from
 view
 And all that he left when living was
 through
 Was a mountain of things he inteded to
 do -- tomorrow

JUST FOR TODAY through N.A. I will try to get a better
 perspective on my life.

PEOPLE WHO THINK THEY CAN

If you think you are beaten, you are
 If you think you dare not, you don't
 If you'd like to win but you think you
 can't
 It's-almost a cinch you won't
 If you think you'll lose, your lost
 For out in the world we find
 Success begins with a persons will
 It's all in the state of mind
 If you think your outclassed, you are
 You've got to think high to rise
 You've got to be sure of yourself
 before you will ever win a prize
 Life's rewards don't a;ways go
 To the stronger or faster people
 But sooner or later the people who
 win are the people who think they can

Walter D. Wintle

Winners

Winners take chances, like everybody else, they
 fear failing but they refuse to let fear control
 them. Winners refuse to give up when life gets
 rough, they hang in until the going gets better.
 Winners are flexible, they realize there is more
 than one way and are willing to try others.
 Winners know they are not perfect, they respect
 their weaknesses while making the best of their
 strengths. Winners fall but they refuse to stay
 down. They stubbornly refuse to let a fall keep
 them from climbing. Winners don't blame fate
 for their failures nor luck for their successes.
 Winners accept responsibility for their lives.
 Winners are positive thinkers, who see good in
 all things, from the ordinary, they make the
 extraordinary. Winners believe in the path they
 have chosen even when it's hard, even when others
 can't see where they are going. Winners are
 patient, they know a goal is only as worthy as
 the effort that is required to achieve it.
 Winners are people like you, they make this
 world a better place to be.

RESERVED FOR YOUR INPUT

Set Free

I saw people laughing
 I saw people cry
 I saw people hug each other
 And I sat and wondered why
 I heard people say I love you
 They said keep coming back
 They said that I'd find color
 In a world that was painted black
 They told me things I never knew
 They said they found the way
 I learned to trust these people
 The people in N.A.
 Since I've gone through changes
 Little things are happening to me
 But these things, they aren't so little
 And these things, they were all free
 I've learned to leave the past behind
 And not worry about tomorrow
 I'm learning to be a happy person
 Instead of living a life of sorrow
 The N.A. Program saved my life
 And God gave it back to me
 And the day that I stopped using
 Was the day that I was set free.....

Diane M.
 S.W.A.N.A.



THE PATH

Where do we stray, when we go away, What are the reasons why?
 We're trapped in a turmoil fighting like hell, watching the days go by.
 To think about the days that were, and all that's come to past,
 Rejecting love and life itself for fear that it won't last.
 But often times in the course of life we find ourselves in wonder,
 Then rudely awakened by a sound of an outrageous thunder.
 Could this thunder be in fact the pounding in our heat,
 A person buried deep inside in search of a new start.
 A start that leads us down the path to reality, A path that's always been there but never seen by me.
 Now we know there is a path that leads to the promised land,
 We have to make that certain choice and let God hold our hand.

Barb Y.
 Phoenixville, PA

LOVE IS NOT CONDITIONAL

When I came into the Fellowship I expressed, repressed, and suppressed various feelings of hostility. My self-centeredness was so powerful that I had no real awareness of why I was angry and depressed. Most of all, I cannot remember any feelings of love for myself or others. I felt alone in hostility, where the only people who understood my problem were the beautiful people in Narcotics Anonymous. As a result of my addiction, I was still wallowing in anger, hatred, resentment, and hostility. The exact opposite of hatred is love. I would like to expound upon what love and unconditional love means to me at this moment.

Love is difficult to define. I find that when I truly love someone it is a feeling of warmth, caring, and understanding. In our area, a lot of my friends will say that they love me. If I don't love myself that day, it is impossible for me to honestly tell them I feel that way in my heart.

For longer than I care to admit, I always put conditions on my love for others. If they were nice to me and acted the way I thought they should, then I loved them. But if they offended me I wouldn't forgive them. I rationalized that they are not worthy of my love, because they hurt me. Today I can see that my thinking was self-centered. I believe that God wants me to be forgiving, kind, and considerate towards others. The mere fact that I would not love and accept some people put me in conflict with God, myself, and our Program.

S.D. from PA

ANNIVERSARIES

AUGUST

11th - Mike P. - 2 years

SEPTEMBER

20th - Jill T. - 90 days
 22nd - Felicia B. - 18 mons.
 25th - Scott D. - 6 years

OCTOBER

3rd - Amy T. - 6 months
 4th - Kevin H. - 9 months
 24th - Dennis H. - 4 years
 31st - Greg W. - 1 year

NOVEMBER

15th - Chris D. - 2 years
 17th - Mike R. - 9 months
 19th - Steve Y. - 9 months

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PEOPLE WHO CAN PUT THEIR THOUGHTS OF RECOVERY DOWN ON PAPER. POEMS, LETTERS, ARTICLES, STORIES, REPORTS ON N.A. FUNCTIONS, N.A. ANNOUNCEMENTS, AND ANYTHING YOUR MIND CAN COME UP WITH. MAIL TO:
 CLEENSHEET
 P.O. BOX 44
 CLAYMONT, DE 19703
 ANYONE WHO WISHES TO BE INVOLVED MAY CALL STEVE AT (302) 798-1262 or DEBBIE AT (215) 532-7113

HELP MAKE THE CLEENSHEET HAPPEN

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