

# CLEAN SHEET

P.O. Box 44  
Claymont, DE 19703

Vol.1 No. 3  
Dec. - Jan.



## 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 impute is welcome and needed to carry the message. Everyone is welcome and encouraged to attend our meetings on the 2nd and 4th Weds. at 7 o'clock. CALL: Steve (302)798-1262 Debbie (215) 532-7113 and our new Philly representative Tony (215) 228-5566. Be (302)428-0927

\*OR MAIL YOUR IMPUTE TO OUR P.O. BOX\*

## THOUGHT FOR THE DAY

FROM THE NA BASIC TEXT

When my addictions brought me to the point of complete powerlessness, uselessness and surrender some twenty-six years\* ago, there was no N.A. I found A.A. and in that fellowship met addicts who had also found that program to be the answer to their problem. However, we knew that many were still going down the road of disillusion, degradation and death, because they were unable to identify with the alcoholic in A.A. Their identification was at the level of apparent symptoms and not at the deeper level of emotions or feelings, where empathy becomes a healing therapy for all addicted people. With several other addicts and some members of A.A. who had great faith in us and the program, we formed, in July of 1953, what we know as Narcotics Anonymous. We felt that now the addict would find from the start as much identification as each needed to convince himself that he could stay clean, by the example of others who had recovered for many years.

\*Written in July, 1979.

## POSITIVE ACTION

We came to N.A. from a way of life that had us trapped in a hopeless cycle of failure constantly hurting ourselves and others. In order to find a way out we first must accept that our life has become unmanageable.

We are about a difficult task leaving to build a new life today we are moving in a new direction based on honesty, open-mindedness, and willingness.

In each of us there is a desire to be more than we are, to do more for our personal growth, to complete this we must accept and handle the frustrations of life but still share the hopes and joys of sobriety we are learning is possible.

THANKS N.A.  
9/2/87

JUST FOR TODAY my thoughts will be on my recovery, living and enjoying life without the use of drugs.

**Missing 7 meetings  
in 7 days  
Makes one weak!**

## HOTLINES

### TRI-COUNTY AREA

SMALL WONDER AREA (DELAWARE)  
Phone 1-302-429-8175

IN CHESTER & DELAWARE  
Phone 215-534-9510



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



\*\*\*\*\*WANTED\*\*\*\*\*  
 PEOPLE TO WRITE LETTERS TO A  
 RECOVERING PERSON BEHIND THE  
 WALL. SHARE YOUR RECOVERY WITH  
 SOMEONE WHO NEEDS YOU.  
 SEND LETTERS TO:  
 MORRIS GREEN  
 MPC-JF  
 P.O. BOX 9561  
 WILM, DE 19809

\*\*\*\*\*

## Karma

RESTLESS NIGHTS WITH AWFUL FRIGHTS  
 OF HORRORS FROM THE PAST  
 I PRAY EACH DAY THEY'LL DISAPPEAR  
 LORD, HOW LONG WILL THEY LAST

TO BE AWAKENED IN A TREMBLING SWEAT  
 WITH DREAMS SO FRESH IN MIND  
 MAKES YOU REALIZE WHAT YOU HAVE BEEN  
 THE DEVIL FROM BEHIND

I KNOW MY WRONGS WERE PLENTY  
 MANY SUFFERED FROM MY WAYS  
 BUT THE PROCESS HAS REVERSED ITSELF  
 NOW IT SEEMS MY TIME HAS COME TO PAY

IT'S SHEER BARBIC PUNISHMENT  
 TO EMPTY GUILT WHILE UNAWARE  
 BUT KEEP IN MIND THE PAINFUL YEARS  
 YOUR LOVED ONES HAD TO SHARE

IT MAKES IT VERY HARD TO BEAR  
 THE DAYS YOU NEED SO STRONG  
 YOUR REST IS NOW IMPORTANT  
 BUT YOU MUST FIRST PAY FOR ALL THE WRONG

THE MEMORIES OF HURTS AND PAINS  
 YOU'VE CAUSED THE BEST OF FRIENDS  
 CAN BE USED TO YOUR ADVANTAGE NOW  
 AND MAY HELP THE NIGHTMARES END

JULY 11, 1985

## Autobiography in Five Short Chapters

a poem by Portia Nelson

- (1) I walk, down the street.  
 There is a deep hole in the sidewalk.  
 I fall in.  
 I am lost...I am hpoeless.  
 It isn't my fault.  
 It takes forever to find a way out.
- (2) I walk down the same street.  
 There is a deep hole in the sidewalk.  
 I pretend I don't see it.  
 I fall in again.  
 I can't believe I am in the same place.  
 But it isn't my fault.  
 It still takes a long time to get out.
- (3) I walk down the same street.  
 There is a deep hole in the sidewalk.  
 I see it there.  
 I still fall in...its a habit.  
 My eyes are open.  
 I know where I am.  
 It is my fault.  
 I get out immediately.
- (4) I walk down the same street.  
 There is a deep hole in the sidewalk.  
 I walk around it.
- (5) I walk down another street.

## NA WAY

Your arms reached out and held me,  
 We sat and talked all day,  
 I was hurt and all alone,  
 You said " You'll be okay!"

All those times you helped me,  
 You thanked me for helping you.  
 I didn't know what you meant then,  
 But now I know its true.

You showed me how to love,  
 And taught me how to live.  
 To put my "wants" aside sometimes,  
 And just learn how to give.

I've walked through fear and lived  
 through pain,  
 And never been alone.  
 I've shared a special kind of love,  
 That I had never known.

Its been a couple years now,  
 My life is good today.  
 My way of saying thanks is just  
 to give away,  
 The hope and love you gave to me,  
 When you shared and cared the N.A. way.

Roy W. PA

Through the spiritual principles of N.A. I  
 have been able to some extent, unconditionally  
 love everybody I meet in Narcotics Anonymous. If  
 I realize, that our faults are similar, then it  
 is easier to accept and love everyone. By start-  
 ing the journey of unconditional love, it brings  
 me to a place where more growth will take place.  
 Ideally, I'd like to get to the point where I  
 can love everyone for just being themselves.  
 In the meantime, I'll keep on expressing my love  
 in hope that unconditional love will become as  
 contagious as laughter.

In Loving Service and Friendship,  
 S.D. PA



# ME

Didyou ever feel as if you were not quite what you could be? That is the way I use to feel, but now I feel like me.

Today I feel as if I know the way I want to be. Like a child who just climbed to the top of the very tallest tree.

I'm working on my confidence at one time I had none. The fight was always fought and lost, even before it begun.

cont.

# ME cont.

I feel proud of who I am and where I want to go. To do the things, I want to do and not be afraid to say no.

To live my life the way I feel has made me feel so good. I know now that I'm different For now, my life's understood.

Sal, PA

# DEAR PHILADELPHIA REGION

I'm sitting today writing this feeling to the Fellowship that helps me stay clean and find loving recovery, Just For Today in N.A.

At this time I'm in attendance at the Regional meeting holding a service position and feeling very grateful to this fellowship for giving me the chance to serve. It seems that most of the time addicts in recovery are paranoid to hold service positions for fear of unleashing defects of character to an undeserving crowd. This has been a necessity for my personal recovery to have people, who understand and relate, aid myself and my Higher Power in attempts to find a way to better work these 24 principles(12 steps/traditions) instead of acting them out on the non-addict on the street.

Since I found N.A., I've tried my shaky hand and disturbed mind at many service positions at most levels within our service structure. I've also managed to successfully fulfill these positions with an immense amount of insanity caused by myself and directed at me from other loving members. I've tried to accept my mistakes with an open mind as best I can. All in all I've learned two things: 1. Whatever I do right, it's only because my H.P. helped, and, 2. Whatever I did wrong, I know I did my best.

These experiences have given me real pride, self esteem, and a feeling of accomplishment that I've never felt before in such a way since my biological life began. If I have said anything to anyone that may have clicked, then the desire to stay clean and recover will burn in your life as long as you seek to serve the newcomer while being committed in N.A.

To me, today, I'm grateful for N.A. for teaching me some valuable lessons as well as keeping me humble as well as giving me knowledge to do many things that would have taken years and years of schooling to understand. I had also gained some love and understanding of a fellowship that I never new before. I will continue to serve N.A. to learn how love, live, and function in this crazy, selfcentered society that we live in and that I've hated for so long. Life is a wonderful thing to have and I will regret having to leave it when I do. If you want to experience this love, get involved, don't cheat yourself cause I've cheated myself too many years! NEVER AGAIN!

Love and Fellowship  
a grateful service person  
from Philadelphia

# ANGER

I'm sitting here and thinking I'm ready to explode To keep this rage inside is a very heavy load

I feel as if I'm all alone, and can't figure the reason why, To see myself act like this again isolated, pissed off, not willing to try

I can'T control what people say that's what I believe When I stop trying to be incharge then I'll have relief

I pray to God everday to keep me clean and free But why do I take control? when I know it brings harm to me

For when I'm mad and feeling low is when I do most harm That's when I find the excuse, to put a needle in my arm

Sal, PA

????????????????WANTED????????????????

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

????????????????????????????????????



# SUBSCRIBE

SUBSCRIBE NOW  
 1 YEAR - 6 ISSUES  
 \$3.00 UNTIL DEC. 31ST  
 \*\*\*\*X-MAS SPECIAL\*\*\*\*  
 \$4.00 AFTER DEC. 31ST

Send one to a friend for X-mas

Send check or money order to;

CLEANSHEET  
 P.O. Box 44  
 Claymont, DE 19703

PLEASE SEND ONE YEARS WORTH TO:

\_\_\_\_\_  
 (name)

\_\_\_\_\_  
 (apt)

\_\_\_\_\_  
 (street)

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 (city) (state) (zip)

FOR GIFTS:

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 (from if you wish)

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Sometimes I get frightened  
 But thats OK  
 As long as I keep living  
 Just for today  
 My world may start to crumble  
 things are not right  
 But I must keep on moving  
 never losing sight  
 No matter how hopeless  
 life seems to be  
 All will be much better  
 I just can't see  
 As long as I do right  
 the best I can  
 I know deep in my heart  
 things are better than  
 The way it was  
 pain and hate  
 The lies and pretending  
 all was great  
 Took my body, mind, and spirit  
 buried it so deep  
 All that I could do was  
 hurt, cry and weep  
 It took so long to  
 climb back out  
 Now I feel and laugh  
 sing and shout  
 But all that was gained  
 could be quickly gone  
 The minute I quit  
 moving on  
 I must be thankful  
 for each day  
 Do the best I can  
 the proper way  
 Things have come to me and  
 many more will  
 But onward I must go  
 no standing still

from Darby

## FREEDOM FROM SELF

Dear Cleansheet,

I just wanted to let your committee know that I enjoy this every month. I don't have any fancy poems; only my feelings from all loving God who has put incredible recovering addicts in my life to give me true freedom from self and my addiction. I have never had the satisfaction of one year clean-n-free until now. My sponsor told me "Surrender" goes much deeper than simple abstinence. He told me Surrender is getting out of my way and getting into a far greater power than myself in God. He said "Surrender" is a way of life and keeps growing and expanding and oh, how I have experienced!!!! Oh, how I have recieved the undscribable joy of taking direction from a sponsor in Narcotics Anonymous and taking many risks for my recovery. My gratitude expresses itself in action.

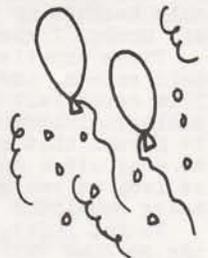
I LOVE N.A.  
 May we all find our  
 purpose through God

Paul W. Levittown, PA

## ANNIVERSARIES

### OCTOBER

- 1st - Tony H.\*\*\*\*\*3 years
- 6th - Scott\*\*\*\*\*1 year
- 9th - Ernie E.\*\*\*\*\*6 mons.
- 11th - Sal\*\*\*\*\*9 mons.
- 19th - Hank S.\*\*\*\*\*4 years
- 21st - Ali A-R.\*\*\*\*\*60 days
- 22th - Michele B.\*\*\*\*\*2 years
- 30th - Susan\*\*\*\*\*90 days



### NOVEMBER



- 2nd - Wildman\*\*\*\*\*3 years
- 5th - Brian K.\*\*\*\*\*1 year
- 10th - Morris\*\*\*\*\*6 mons.
- 15th - Chris\*\*\*\*\*2 years
- 15th - Bonnie F.\*\*\*\*\*2 years
- 28th - Paul W.\*\*\*\*\*1 year

### DECEMBER

- 3rd - Geoff\*\*\*\*\*2 years
- 4th - Roy W.\*\*\*\*\*3 years
- 5th - Alan S.\*\*\*\*\*1 year
- 11th - Rob U.\*\*\*\*\*3 years

