

CLEANSHEET

P.O. BOX 112
Sharon Hill, PA 19079

Vol.1 No.6
JUNE-JULY



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

Debbie, co-chair.....(215)532-7113
Joe, Tri-county.....(215)724-6327
Chris, Bucks County.....(215)757-1278
Bob, sect.....(215)532-7113

OR MAIL YOUR IMPUTE TO OUR P.O. BOX

ANNOUNCEMENTS

TRI-COUNTY

PUBLIC INFORMATION needs your support they meet the 1st and 3rd Sunday of the month at 7:00pm in the Christ Church, Sellers & Nevins Aves., Ridley Park, PA SHOW YOUR GRATITUDE*****

SMALL WONDER AREA

HELPLINE SUBCOMMITTEE of S.W.A.N.A meets the second Sunday of the month at the Open Door, Green & Commonwealth, Claymont at 6:30 pm. It is suggested you have six month clean time to be on Helpline but anyone may be on the committee For additional info- call Felicia B. (302) 798-6468.

DEADLINE For Next Issue JUNE 27

ALL MATERIAL BECOMES PROPERTY OF THE CLEANSHEET. LANGUAGE WILL BE CHANGED TO REFLECT THAT OF NARCOTICS ANONYMOUS. ALL MATERIAL MUST BE ORIGINAL. FOR BEST RESULTS WRITE NEATLY OR TYPE. PLEASE ENCLOSE A NOTE STATING THIS IS ORIGINAL MATERIAL AND GIVE US PERMISSION TO PRINT IT. WE THANK YOU FOR YOUR SUPPORT.
THE CLEANSHEET COMMITTEE

T
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D
A
Y

Today I didn't pick up
Today I didn't harm myself or another person
Today I didn't have to worry about tomorrow
Today I like myself.
I'm grateful for today.

Dorthy P.

T
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When I was young I heard a voice
I listened, and thought I had no choice
Things were happy until the time
That I realized the choice was mine
That voice was there to lead me right
But I chose instead to begin to fight
I wrestled with that voice inside
Because I no longer wanted a righteous guide
That voice grew softer as time went on
Until one day that voice was gone
I did not miss that voice at all
Until my whole life began to fall
I no longer knew how to do what was right
I listened for that voice with all my might.
Slowly and quietly that voice could be heard
I knew I had to listen to every word
I know today I have no choice
I must always listen to that voice

Sue D.
Upper Darby, Pa.

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



But for the Grace

I walked with a friend just the other day.
 He said I looked great, and I had been away.
 I told him of my choice for life and about N.A.
 He didn't hear a word I said, That he would be ok.
 I heard he's not here anymore, I thank my God
 each day.
 For giving me the chance to find and live the
 N.A. WAY.

Jerome M.
 Phila. Pa.

No addict seeking recovery need
 die without having had a chance
 to find a better way of life.

Personal Recovery Depends on
 N.A. Unity.

Hello! I'm a recovering addict in prison. And
 as such would like to ask you to write to re-
 covering addicts behind the walls. There is a
 very real need for recovering people to share
 with us. We need to share our hope for a life
 in recovery on the streets. Many of us have
 never been in recovery outside the walls. And
 don't know what to expect upon our release. Will
 there be someone out there who really cares.
 Someone who will show us how to live clean just
 for today. Is someone going to give us a hug and
 say keep coming back. You can be sure no one ever
 said that to us before. Nobody here wants to hear
 our problems staying clean. And if you admit
 having fears, someone is right there to try and
 play on them.

What is love? Chasing that high that continu-
 ally brings us back to prison. That's what I
 thought it was for years. Or is it someone giving
 of themselves unconditionally. I had no idea what
 it was. My feelings had been masked by years of
 using and stuffing what I felt. These are just a
 few of our questions when we first come around.
 And we would really appreciate some of your
 answers and suggestions. Also we could use any
 literature, basic texts, and cleansheets etc.
 Also if you can make a prison commitment please
 by all means do it. You'll see we're not bad
 people. We're just like you but we got caught.
 We would also like to help you to stay clean and
 and in recovery just for today. I don't believe
 anything will keep your memory greener than a
 prison commitment. Please give just a little of
 yourselves and we'll give you that and more in
 return. Help us to find that ray of hope. Show
 us how to be responsible and productive members
 of society. Help us to love and care for our-
 selves as well as others. Wake us up from the
 nightmare our lives have become. Give us the
 chance to give back what was so freely given to
 us. We don't want to keep coming back to prison.
 What we want more than anything else is a chance
 to live in recovery. Many of us have made it to
 the hospitals, we're in the jails. Please help us
 before the only alternative is death. Just for
 today we'll have faith in N.A. Just for today
 let's give it away. Your in our thoughts and
 dreams!

Steve B.

Steven B. (S-0357)
 Box 244
 Graterford, PA 19426-0244

Russell M. Williams(M-3257)
 Box 244
 Graterford, PA 19426-0244

If only I could start a new, there is no
 telling how many positive things I'd do
 I start by making my knowledge great so
 I'd no longer procrastinate.
 I'd then continue by being true, not only
 to myself, but to the ones I love.
 I'd leave the negative out there on its own
 and bring the positive into the heart of
 my home.

I'd never again just think of myself because
 it's shown me what people without have felt.
 It is lonely out here not knowing which
 way to go, but just having time to sit down
 and think gives you plenty of time to know.
 I want so badly to take the right path and
 make all the right things within my grasp.
 I need the guidance of my Lord for sure
 because only with His guidance through
 these bad times shall I endure.

So only these few things that I ask can
 be made to come true, then dear Lord I
 ask them not only for myself, but for the
 ones who felt the same way that I do.

Broken Heart
 From; God As I Understand
 Him Group - NA

LIVING LIFE, ON LIFE'S TERMS

Why die, When you can Live
 And enjoy just being alive.
 To Feel the Pleasure, To Feel the Pain,
 Peace and Confusion inside

To Know the Ups and Downs
 And to experience what they both are
 all about.
 And to walk through them each, One day
 at a time
 Without taking the easy way out.

For life is a Two edge sword
 And a paradox with a twist
 And the moment you refuse to take the Bad
 with the Good
 True Life ceases to exist.

It's easy to swallow the Pleasure
 But "Oh" how we choke on the pain
 But to digest one, and vomit up the other
 Means we'll only have to swallow it again

To Accept Life, as Life
 Is the only thing we can do
 And ask for help from a God who loves us
 And he'll be there for you

For he made life possible
 And he sees it from a different view
 Give him control, complete control
 And all things become possible to do

So when things are going well, and you're
 feeling good
 Enjoy it, like there will be no end
 And never forget when the pain comes
 That the Joy will Soon Come Again

Melvin Montgomery



Blind Life

Fears, held me back, all those years
 Living with sin, how hard it's been
 Drawn with an urge, life, I splurged
 Cold steel rails, left me so frail
 Madness, into insane sadness
 The walls are up, however so tall
 Emotions so real, surely a fall
 Eyes, like shattered glass, for my past,
 ruined my grasp
 I have found what I never knew
 Only one sky, clear sun, now, shines through
 Dreams gone blue, turned ash black
 Thanks for the love, that's brought
 My life back

R.A.M.

THERE ARE NO STRINGS ATTACHED
TO N.A.

Pipe Dreams

A good friend of mine was'n't doing so fine.
 They were fresh, but life and pressure took
 their body and mind. While in search of
 themselves they perpetrated false wealth.
 Now it's driving their mind into bad health.
 They got lost you see, to reality. Now you
 can't believe or see just what they could be.
 Had this, had that, but where is it all at.
 Who they think they're fooling, they must
 think I'm a quack. It's self inflicted you
 see that's why I'm gonna be me. No lies,
 feeling free, for what I can be, because the
 truth was the light and I'm sure you'll agree.
 when you stop these pipe dreams and face
 reality. Because this friend you see guess
 what? is really me. No lie feeling free for
 what I can be, because the truth was the
 light and I'm sure you'll agree. If you
 stop those pipe dreams and face reality.
 Preston L. C.

HELP

Colors and things, sounds you see, it seems
 like it was ment to be. My head is spinning,
 it's hard to be, my world is caving in on me.

I'm coming up, I'm going down, my thoughts
 are split, my sanity bound. It's not much
 fun, this life I've found, I wonder when
 I'll touch the ground.

It's bottled up deep inside, I don't know
 why I try to hide. Sometimes I feel I just
 can't take it, but if I try, I know I'll
 make it.

This life I live is like Helter Skelter,
 please give me help, please give me
 shelter.

Being straight is so serene, to walk this
 earth and know I am clean.

Mike C.
3/87

REALITY OR FANTASY

'Tis better to see the world with a scope,
 Than a paradise high above with dope;
 All man of courage thrive in reality,
 But fools bury themselves in fantasy.

Louisa B.

Dear Friend

Dear Friend, just when I think it's the end
 I'm always waking up to the begining of a
 new day.
 I've got nothing to say to you, or to
 anybody
 Because it'll reach your ears and touch
 someone elses lips.
 Dear Friend, I'm wrestling with danger
 It's scary, but that's the price we all
 have to pay for living.
 We all have a little anger, or maybe just
 a little bit of pain
 But without feeling these emotions we'd
 all be dead.

I wake up in the night, Dear Friend
 Your eyes portaying the pain I send
 Always taking the blame for me
 The mistakes and the lies you see.
 You've proven my reason to live,
 Dear Friend

Don't ever displace the love I send
 Mentally, not physically
 Dear Friend, my dearest friend is me.

Dear Friend, Always with me through it all
 You're my trampoline, always ready to catch
 me when I fall.

You can feel me dancing in places only you
 can touch
 Thanks for feeling the pain when I could'n't
 feel anymore.

Dear Friend, I need to take care of myself
 But how can I when you've been there for me
 like nobody else.

Don't ever let me lose you, you're my eyes
 which guide me to see
 Without you I'd be useless, because
 Dear Friend you're me.

Penni

Life's Too Short

Time flys by like a bird in the sky,
 Things happen, we often wonder why?
 Meeting new people all thru the day,
 Never really saying what we wanted to say

Having feelings for someone-not letting
 them show,
 Well if we don't, how are they to know?
 Express yourself the best that you can,
 We may not get that chance again.

So share a thought, a joy, a dream,
 It's not as hard as it may seem.
 Life's too short to be cold and hard,
 Let out your feeling, let down your guard.

As we share this moment so new,
 I'd like to end with, I Love You.

Brenda 8/20/87



Reflections

As I look back, reflecting on my life;
A continuing saga of pain and strife
I have to wonder where I'm going from here,
To a life of happiness; or a shot and a beer

At times, I know, I appear to be strong
But my friend, you are truly wrong
For what you see is really a sham,
Designed to shield the weak person I am.

I've traveled down trails, few people have
seen
Encounters in life that made me more hateful
and mean
Time and again I can hear myself say
Never again will I pass this way.

Mesmorized by a substance that can't even
think
A hit of cocaine or maybe a drink
Seemingly unable to break these chains
That in reality have imprisoned my brain

But on the horizon, there's a glimmer of
light,
That keeps me going and able to fight,
A voice that whispers and says that,
"Just for Today"
I was able to stay clean, "The N.A. Way"

Myron J.

Yesterday
I was a child
Today I am a man

Yesterday
I was a child
Today
I am a man

Tomorrow
I am not worried about
for tomorrow may be the end
Yesterday
I was foolish

Today
I am more wise
Tomorrow
I may be wiser

or tomorrow closes my eyes
Yesterday
I lived for nothing
Today
I live for me

Tomorrow
I will judge no one
and everyday pray on my knees

J.J.M.

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OUR PRIMARY PURPOSE IS TO CARRY
THE MESSAGE TO THE ADDICT WHO
STILL SUFFERS.

ANNIVERSARIES



FEBRUARY

20th - Junie*****1 yr.

MARCH

9th - Patty B.*****6 mons.
25th - George R.*****1 yr.
20th - Russell Vand.****3 mons.

APRIL

26th - Jack W.*****60 days
27th - George F.*****1 yr.
29th - Bill B.*****9 mons.



MAY

3rd - Maureen C.*****90 days
11th - Tim*****1 yr.
12th - Colleen R.*****2 yrs.
19th - Sherry C.*****2 yrs.
23rd - Marty C.*****1 yr.
30th - Ed B.*****1 yr.
30th - Jim M.*****90 days

JUNE

?? - Anne C.*****4 yrs.
20th - Tina M.*****1 yr.

JULY

4th - Bill R.*****1 yr.
5th - Wheel*****1 yr.
20th - Earl M.*****4 yrs.



SUBSCRIBE

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1 YEAR - 6 ISSUES
\$4.00

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CLEANSHEET
P.O. BOX 112

Sharon Hill, PA 19079

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FOR GIFTS:

(from if you wish)