

# CLEAN SHEET

P.O. BOX 112  
Sharon Hill, PA 19079

VOL. 2 - 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 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 MORE INFORMATION CALL:

- Debbie, chair.....(215)532-7113
  - Nancy, co-chair.....(215)547-0387
  - Bob, sect.....(215)860-9735
- AREA REPRESENTATIVES
- Phila, Kevin.....(215)844-5886
  - Delco, Roger.....(215)352-4360
  - S.W.A.N.A., ALLEN.....(302)995-1075

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

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## THOUGHT FOR THE MONTH

What is our message? The message is that an addict, any addict, can stop using drugs, lose the desire to use, and find a new way to live. Our message is hope and the promise of freedom. When all is said and done, our primary purpose can only be to carry the message to the addict who still suffers because that is all we have to give.

## ANNOUNCEMENTS

S.W.A.N.A.

**PUBLIC INFORMATION** meets every thursday at 5:30PM at 2055 Limestone Rd. Stanton DE. For more info call Dave at (302)764-0151.

**ACTIVITY COMMITTEE** meets every tuesday at 7:15PM at Rosehill Community Center, Newcastle DE. For more info call Mike at (302)571-0941.

## DEAR SELF

Living "today" with you is a joy. You've been able to see clear through all the happiness and all the pain that living life on it's own terms has to offer.

Thank you for opening up your eyes and your mind with others when they cared, when they shared, and when they gave you love - when you couldn't even love yourself.

Thank you for listening when you really didn't want to hear what they were saying. Thank you for giving of yourself when you thought you had nothing to give. Thank you for being "a part of", when at times you felt "a part from". You've learned so much and you're learning more and more.

Thank you for finding something to teach you how to live, how to face, and how to deal with your powerlessness. Thank you for realizing that you are a good person and that you're human. Your feelings are okay, even the bad ones.

Thank you for going to meetings when you were too tired and for talking about your experience, strength, and hope, instead of whatever sounded good. Thank you for loving fellow addicts unconditionally, without judgement.

Thank you for reaching out when you were hurting, lonely or confused, and for reaching out when someone else was.

Thank you for picking up the phone even when you thought they were busy, or when you thought you might be a bother. Thank you for the long talks, the hugs, the laughter, and the tears.

Thank you, Self, for working the Program, for living the Program, and for having the faith in your God that brought you to the "Road of Recovery".

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

**PENNSYLVANIA:**  
**PHILA. & BUCKS COUNTY**  
215-934-3944

**CHESTER COUNTY & DELAWARE COUNTY**  
215-534-9510

**MONTGOMERY COUNTY**  
215-688-4730

## HOTLINE NUMBERS



**DELAWARE:**  
**NEW CASTLE COUNTY**  
302-429-8175

**NEW JERSEY:**  
609-886-9022



For the first time in my life I truly know what gratitude is.

I woke up in the hospital recently to be told I had fought and lost a battle with a tractor trailer. I only remember waking up, the battle that day is gone from my memory, hopefully forever.

I arrived at the hospital sheet white, with no vital signs, a hole in my heart and a severely damaged foot. I was not expected to live.

My doctors told my family that my desire to survive was the strongest they had ever witnessed and without a strong desire to live they felt that I would not have made it.

I have tremendous gratitude today for the program of N.A. and the many wonderful people who have made the program work for me. Six months ago I did not have the program and I had very little, if any desire to live. The insanity of addiction had completely taken over my life and with the help of drugs I was sleeping away my days and nights.

I spent seven days in critical condition. Two and a half weeks altogether in the hospital. I had plenty of time to think and to feel sorry for myself.

My "Higher Power" had other plans for me. My first day fully conscious, a woman named Maureen was brought in after a car accident, she was put next to me. Maureen didn't stay long because her condition was considered "life threatening" as was mine, she was only there long enough to teach me a lesson I'll never forget.

I was feeling sorry for myself, my scar was huge and ugly, my foot hurt constantly, even with medication, and I'd never be able to walk the same again, if indeed I ever walk at all. I thought of my favorite shoes I'd probably never be able to wear again and with my scar any dress that was even slightly low cut was out. If not for Maureen and a program that taught me to look beyond myself I could have drowned myself in self-pity and isolation. I laid in my bed and heard the doctors explain to Maureen that she was blind. I felt at that moment I was given a gift. I have my sight. My heart will even heal, and even if my foot would never be the same it was still there.

I began at that moment to see all the wonderful reasons I had to be alive.

I have a husband who truly loves and four children who are whole and healthy. I don't have enough fingers to count all my true friends on. How could I ask for more. The worst is behind me and "One Day at a Time" I'll get through the rest. N.A., has rescued me twice in my life, once from drugs and once from my own despair. I'm grateful such a program exists.

We are not interested in what or how much you used or who your connections were, what you have done in the past, how much or how little you have, but only in what you want to do about your problem and how we can help.

**DEADLINE** For Next Issue  
**OCT. 25**

Dear Brothers and Sisters in the Fellowship,

I am an addict in recovery, just short of 90 days. I live with my husband who is also in recovery.

It is true, relationships and recovery are hard at times, but with the help of my higher power and my sponsor and the rest of you in the Fellowship, we are clean today.

I just wanted to share one of the rewards I've received in my relationship and recovery, from a man I've known and loved for five years. I've just realized there's a man emerging I never knew and I love it!!

Also I wanted to say besides the self-acceptance I'm experiencing through N.A., we moved here from south Texas, I'm experiencing friendship like I have longed for during my years of addiction in the little time I've been in the Fellowship and this area. Thanks for letting me share this growth with ya'll and I hope someone sees a message in my husband's poem.

Love, Lisa K.

I was born into a world of sin,  
thinking I could never win  
My life was full of drugs  
and very few hugs.

With needles in my arms  
and knowing how to charm,

I carried on through life  
with very little strife.

I could do what I wanted  
But what I wanted; I could not do.  
So for me to lose was not new  
Hence I chose to keep using

So you see, and take it by me  
If you chose to use, you will surely lose  
But if you surrender to win  
You won't use again

So surrender to win  
And be born again  
Say to hell with those drugs  
All receive all those hugs!

Gary K.

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## WE HAVE A CHOICE

"We Have a Choice"

we did not choose to become addicts

"We Choose Life"

our honest admission enable us to stop using

"We Have a Choice"

we had lost control over our addiction and could not stop

"We Choose Life"

through our experiences freely shared we find hope

"We Have a Choice"

denial of our disease is what kept us sick

"We Choose Life"

by caring, sharing, unity and genuine love we make freedom from addiction and self possible

Love in Fellowship  
Preston



*With Surrender Comes Freedom*

- Freedom from obsession*
- Freedom from compulsion*
- Freedom from addiction*
- Freedom from self*
- Freedom from destruction*
- Freedom from hopelessness*

- Freedom to grow*
- Freedom to live*
- Freedom to love*
- Freedom to learn*
- Freedom to give*
- Freedom to be loved*

*Freedom to believe THE LIE IS DEAD!*

*K.C. Back .....88*

*Just For Today*

- Just for Today*  
*my life is ok.*
- Just for Today*  
*I found a better way.*
- Just for Today*  
*for whatever life*  
*may hold I know*  
*I will be ok.*
- Just for Today*  
*through my higher power,*  
*my family, and N.A.*  
*I will know I found*  
*the right way.*
- Just for Today*  
*I know we will stay.*

*This poem is dedicated to my family and N.A. and the newcomers who have yet to find this way. I pray for you every day.*

*Tricia M.*

THE NEWCOMER IS THE MOST IMPORTANT PERSON AT ANY MEETING, BECAUSE WE CAN ONLY KEEP WHAT WE HAVE BY GIVING IT AWAY.

**RECOVERY**

All that was promised to me when I came into the fellowship N.A. was a one day reprieve from using. That was more than I ever thought possible for myself at the time. I got that one day clean and found I still felt alone and inadequate. I wanted more form recovery. So being the addict I am I prayed for women, jobs, and friends. All the things I thought brought happiness. I was given everything I prayed for and still I hated myself. I hadn't changed at all. What I had done was to substitute other things for drugs. I lost all the things I prayed for through the addictive behavior I wouldn't let go of. I was afraid of changing. My biggest fear was that I would like myself even less than I already did. Finally it came down to changing or spending the rest of my life in despair. I started by surrendering to my disease and not the drug. My problem isn't a drug it's the way I think, the way I act and respond to any given situation. Only by taking direction and working the steps have I begun to change. I surrender every day to my Higher Power. With him at my side I have no fears that we can't work past. Today we truly live in recovery.

Yours in Loving Service,  
Steve B.

Our problem is not a specific substance, it is a disease called addition.



**HELLO**



I'm a grateful recovering addict. I'm presently incarcerated for my past. I was introduced to the fellowship of N.A. a few times before getting serious about recovery in prison. This is not the life I want for myself. Seeing people live for drugs is pitiful. They're not happy with or without it. People die over it even on the inside. That's why I made the change to a clean life. It put fear into me seeing someone killed over a drug. I have no real knowledge of the steps or traditions. I need all the support and encouragement I can get. I would like to here from recovering people on the street. So feel free to write and carry the message of recovery to me.

Yours in Recovery  
Joseph K.

Joseph Kearns Y-9395  
1111 Altamont Blvd.  
Frackville, PA 17931

Roy Graham S-1005  
1111 Altamont Blvd.  
Frackville, PA 17931

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Step Therapeutic Community  
P.I.C.C. 8301 State RD.  
Phila, PA 19136



# ANNIVERSARIES

# THE LIE IS DEAD

## JUNE

12th Be W. 3 year

## JULY

13th Bill Y. 2 years  
20th Kevin S. 3 years  
29th Bill B. 1 year



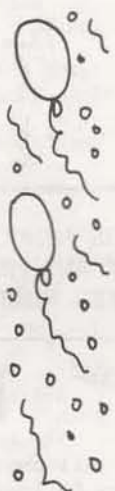
## AUGUST

11th Mike P. 3 years  
16th John 4 years  
22nd Terry B. 4 years  
24th Sharon 1 year  
25th Tressa V. 1 year



## SEPTEMBER

1st Babs 4 years  
1st Dave P. 1 year  
1st Art P. 9 mons.  
3rd Eddie F. 1 year  
5th Jim S. 1 year  
6th Mark B. 6 mons  
11th Maurice M. 6 mons  
13th Jack C. 6 years  
19th Lou L. 6 years  
20th Eddie L. 6 years  
20th Russell V. 9 mons.  
21st Kelly 9 mons.  
22nd Michael A. 3 mons.  
23rd Colleen L. ??  
25th Scott D. 7 years  
28th Jackie S. 9 mons



## OCTOBER

1st Staci S. 3 years  
3rd Sammi 2 years  
5th Lisa L. 1 year  
7th Patrica C. 1 year  
8th Sean D. 3 years  
9th Charlie 1 year  
16th Sarah 6 mons  
19th Hank S. 5 years  
19th Mike P. 2 years  
22nd Michele 2 years  
23rd Janice S. 3 mons  
24th Dennis H. 5 years  
25th Flo R. 9 mons.  
25th Laure B. 2 years  
29th Shannon D. 1 year  
31st David J. 4 years



## NOVEMBER

2nd Wildman 4 years  
3rd Abti 6 mons.  
4th Renee W. 2 years  
9th Duke H. 2 years  
9th Anne Marie 6 mons.  
15th Bonnie F. 3 years  
16th James T. 9 mons.  
28th John D. 9 years  
Pete O. 4 years



The child inside me remembers the pain that was suffered. I was abused as a child. My whole life has been spent pretending it was not so. Now I remember, why, because my higher power knows I am ready. I thank my higher power for my sponsor. I trusted my sponsor with my feelings, fears and shed many tears. I have no counselor or other groups; Just N.A. that is all I need. I have already been gifted with the ability to use this experience to help another addict. I did not have to use. We stood up and faced it. Recovery is the answer to all my problems. Through the steps I will learn forever. The steps do not have an end on purpose. They continue on forever so we can always use them to better our lives. Just when I thought I found the end I was shown the beginning.

deb-88-PA

## TO THOSE WITHOUT A SPONSOR

Do you try to do it on your own?

Have you not found the right person yet?

Is wellllllll, BUT and I don't think your favorite words?

Well guess what. You are not alone. I have been there. I have found time to write. I have been able to learn to take suggestions. I have learned to trust in another N.A. member. I has become **WE**. I found relief in surrender.

There is no shame in admitting powerlessness. There is only freedom.

K.C. Back.....88

## SUBSCRIBE

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**CLEANSHEET**

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FOR GIFTS

(From IF you wish)