

# CLEANSHEET



GREATER PHILADELPHIA  
REGION



VOL. 2 NO. 6

JUNE-JULY

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.

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THE CLEANSHEET COMMITTEE

## ANNOUNCEMENTS

### REGION

The Regional Service Office is now open! Time: Saturday's 10am to 3pm. Place: 6282 Ridge Ave. Suite 201 Phila. PA.

The 10th East Coast Convention of NA will be on June 23, 24 and 25 1989 in Buffalo, New York. For more info call Howard C. (716) 875-3420

### BUCKS COUNTY

Bucks County unity committee meets the first and third Tuesday of each month at Grace Luthern Church on Street Road in Warminster. For more info call Joe G. at (215) 533-0389.

Monthly dances. Every third Friday 10pm to 2am. United Church of Christ New falls & Perin Valley Rds. For more info call Joe G. 533-0389 Jane 943-5758

### PHILADELPHIA

Somerton needs support. Meets on Sunday at 7pm in St. Paul's Luthern Church at Bustleton & Tomlinson. Business meeting is the last Sunday of the month.

Phila Helpline

Chair Brenda E. 743-3727

Co-Chair Ray H. 548-3312

Public Information Committee for Phila Area meets at B.V.M. Church Old Bustleton and Welsh Rd. On the 2nd Sunday of Every month. All are welcome to attend. Contact Tom M. 322-0155 or Mick F. 739-5067.

### DELCO

PI meets every 1st and 3rd Sunday at the Christ Church on Sellers and Nevins Sts. in Ridley Park at 7pm. All are welcome.

### SWANA

The activity committee meets every Tuesday at Rosehill Community Center, New Castle DE. Call Mike I. (302) 571-1118

PI meets every Tuesday at 5:30 pm at 2055 Limestone Rd. Stanton DE. For more info call Dave at (302) 764-0151

H&I meets the second Tuesday at 6pm at 2055 Limestone Rd. Suite 113 and the last Saturday at St. Mathews Aud. at 12pm Maryland and Boxwood Rd. For more info call Sean at (302) 798-3192 or John (302) 654-3186

Helpline meets every 4th Saturday at St. Mathews Aud. 1pm at Maryland and Boxwood Rd. For more info call Cathy at (302) 322-7639

### TO GET INVOLVED WITH THE CLEANSHEET CALL

Sam C.\*Clean Acres\*215-696-4274

Roger G.\*Delco\*215-352-4360

Terri S.\*Phila\*215-745-5486

Allen\*SWANA\*302-995-1075

Debbie\*Delco\*215-532-7113

## THOUGHT FOR THE MONTH

I saw the same people week after week, and they stayed clean. I knew from the way they talked that they were true addicts just like me, and I began to feel that I belonged. Best of all, I began to feel hopeful. I saw a way out of the vicious drug circle.

P.O. BOX 112-SHARON HILL, PA 19079

Dear Cleansheet,

First of all, How is everyone? I hope your all fine. As for me I'm still clean and hanging in there. Thanks to the fellowship I believe I'll make it this time.

I've been hearing things about the fellowship that I really don't like. I don't know whats going on, or even if it's all true, but I would like to share on what the program means to me. I once in my life was, a "wine-o", then "a drunk", from there I went to a "junkie" to a "dope fiend". When I found the NA fellowship I had no reason to live, but NA has taught me how to live clean. I graduated from a "dope fiend" to a gratefully recovering addict. I can tell you that I am a product of the NA fellowship, that is my home. Whatever is going on please bring it to a halt, because if my home falls apart, then I will soon fall apart. If this is a race thing, well let me tell you my brothers and sisters, addiction doesn't give-a-hoot who it's gets. It takes them all in it's fellowship.

I'm in prison, and I look forward to the day when I walk out that gate and see the brotherhood of NA, there to meet me. Please someone tell me!, if my home falls apart, then who in this world is gonna meet a addict, just getting out of prison at the front door. I read and hear on the news everyday, about men, women and children being taken under by the disease, but for the ones that catch themselves, we've got to be there. In order to do that our here has to be in order, because if it's not, we'll only let them down.

If we let them down, we let ourselves down, and how many times in our addiction have we done just that.

I have only one thing to look forward to upon my release, and that is the fellowship. I ask please be there, don't let NA down when NA didn't let you down. I don't know if sharing will help the problem, but I do hope it will help my brothers and sisters to look at what's going on and to dispose of the problem.

Truthfully Yours  
Roy G.  
Recovering Addict

CLEAN AND SERENE "IT'S GETTING BETTER"  
JUST FOR TODAY  
MY FRIENDS IN N.A.  
WILL SHOW ME THE WAY  
AND CLEAN I'LL STAY  
THROUGH THESE STEPS I'LL GAIN  
BECAUSE I DON'T WANT THE SAME  
I'VE LIVED ENOUGH OF THE PAIN  
I'LL GROW AND BECOME SANE  
MY LIFE HAS JUST BEGUN  
TO BE STRAIGHT AND STILL HAVE FUN  
MY PROBLEMS I FACE, NOT HIDE OR RUN  
THANKS TO N.A. WHAT A LONG WAY I'VE COME  
BY C.M.  
"THROUGH PRINCIPLES WE UNITE"

The fellowship of NA is supposed to be loving, forgiving, non-judgemental and supportive. Have we come so far that we've lost sight of our primary purpose. We are here to stay clean and to carry a message of recovery to those who still suffer from active addiction.

Yet we are becoming more concerned with who's in power, meetings have been set up to cater to special interests. Our service structure is becoming self serving. We even have bigotry instead of open mindedness and love.

We should be trying to carry a message of recovery. How can we tell someone they'll be welcome when we discriminate on the basis of sexual preference, sexual identity and smoking. We have no right to set any standards and then expect someone to live up to them. Our higher power is the only one who governs us. Can we please get out of his way and get back to the basics honesty, open-mindedness and willingness. **NO ADDICT SEEKING RECOVERY NEED EVER DIE WITHOUT A CHANCE TO FIND A BETTER WAY OF LIFE.**

Yours in loving service  
Steve B.

Editors note: Some meeting are nonsmoking because of the facility's policy.

"Most of what I really need to know about how to live, and what to do and how to be, I learned in kindergarten. Wisdom was not at the top of the graduate school mountain, but right there in the sandbox at nurse school.

These are the things I learned: Share everything. Play fair. Don't hit people. Put things back where you found them. Clean up your own mess. Don't take things that don't belong to you. Say "I'm sorry" when you hurt someone. Wash your hands before you eat. Warm cookies and cold milk are good for you. Learn some and think some and draw and paint and sing and dance and play and work some every day.

When you go out into the world, watch for traffic, hold hands and stick together. Be aware of, wonder. Remember the little seed in the plastic cup. The roots go down and the plant goes up, and nobody really knows how or why, but we are all like that.

Goldfish and hamsters and white mice and even the little seed in the plastic cup... they all die. So do we.

And then remember the book about Dick and Jane and the first word you learned, the biggest word of all...LOOK! Everything you need to know is in there somewhere. The Golden Rule and love and basic sanitation. Ecology and politics and sane living.

Think of what a better world it would be if we all... the whole world... had cookies and milk at about 3 o'clock every afternoon and then lay down with our blankets for a nap. Or if we had a basic policy for our nation and other nations to always put thing back where we found them and cleaned up our messes. And it is still true, no matter how old you are, when you go out into the world, it is best to hold hands and stick together.

No Name

Today I am free, finally. My drug dependency ended four years ago when I entered prison. But my values, priorities, attitude and general outlook on life has changed. I like myself today. I realize I'm not unique, that everyone has fears and anxiety, and everyone must deal with them. My way was wrong. I used drugs to cover up my feelings which only aggravated my problems by burying them deeper. Which caused me years of self inflicted torment. Today I stand proud for confronting my problems. It wasn't always easy and sometimes it was plain ugly, but with help and support I was able to get thru my fears. This is the reason N.A. is so vital in my recovery, because if I feel myself slipping I'll have someone to lend me support and guidance.

My suggestion to anyone thinking of straightening their life out is to take that first step admit you have a problem and attend as many meetings as it takes, because you will find true support and caring in N.A.

Frank McG.

NAMES	ADDRESS
Joseph Kearns (Y-9395)	1111 Altamont Blvd.
Steven Bell (S-0357)	Frackville, PA 17931
Roy Graham (S-1005)	
David Mole (Y-5826)	
Frank McGrath (Y-6259)	
Seifuddin M.A.	P.O. Box 244
Simpson (Y-8004)	Graterford, PA
Russell Williams (M-3257)	19426-244
Joseph DiGiovani 88-10138	P.I.C.C.
Steve Stevenson (A-8098)	8310 State Rd.
Ed Oberholtzer (B-0374)	Phila., PA 19136
Joseph Trainor 88-10012	
Joseph Pozzi (B-0233)	
Kim Keas	1730 South Easton Rd. Doylestown, Pa 18901
Joseph Johnson (S-1321)	Drawer A Old Route 22 Cresson, Pa 16630-0010

# TOPIC FOR THE MONTH

THE THERAPEUTIC VALUE OF ONE ADDICT HELPING  
ANOTHER IS WITHOUT PARALLEL

I sat at a meeting the other night and everything I heard was simple; One addict helping another.

At that moment I realized how lucky I was. I do not have to be alone anymore. I don't have to make a decision by myself.

I experienced a death of someone close to me. People kept telling me I was doing

good even though I did not feel that way. People came to me even though they did not know what to say. As bad as I felt I looked across the room and saw an addict with 30 days telling an addict with 2 days NA is the place to be and don't worry it gets better. They will never know how much they helped me. Thanks for all the hugs and for being yourselves.

*Next Topic*

Special Interest Meetings;  
Do they belong in N.A.?

K.C. Back '89

I took a walk the other day  
And saw some of the old crowd;  
Doing their thing, they looked the same  
Still talking very loud.  
They said, "Hey man whats happening?  
Where can we get somethin' good?"  
I told them I didn't mess around any more  
And felt strange where I stood.  
Now...They know how I changed my life  
I told them when they asked me.  
I let them know I'm quite content  
And not at all unhappy,  
I said so long, I've got to run  
And felt my spirits rise,  
As I walked home, so deep in thought  
Thinking of those guys.  
I got down on my knees  
When I got home that day  
And thanked my Higher Power  
For the blessing of N.A.

Val S.

As a loving member of N.A. I would like to share my concern with all of you on this very vital Tradition. Where would we be today without the 7th tradition? We are solely self supporting declining outside contributions.

Each night at every group a basket is passed around. This money as stated goes to the group, area, region and the world. The monies collected are not moving in this pattern. Groups are keeping reserve and not giving. There is no reason why any group needs to have a prudent reserve. What these groups are doing is taking away our primary purpose, of carrying the message. This is a selfish act and it is one of greed. Our region is in trouble because of the 7th tradition. What is happening here? Have we lost our trust and faith in Narcotics Anonymous? Are we going to be willing to jeopardize our Fellowship to outside enterprises or any related facility? Are we willing to have leaders and professionals to dictate how we recover? Are we willing to return to the old way of egos and self centeredness? We might just as well go back out and die. You can say, that each group is autonomous but if this group takes 7th tradition and does not become willing to donate it than it does effect N.A. as a whole.

We have learned that we cannot survive but we can, this also goes for the groups. Groups cannot survive without an area, an area cannot survive without a region and the region cannot survive without the world. Your donations no matter how big or small helps to carry the message to the addict who still suffers. But it also is our responsibility to attend our business meetings to ensure our survival. It's our lives at stake.

Remember: Membership is a privilege; it is not automatic!!!!

In loving service to NARCOTICS ANONYMOUS  
Emie E.

EDITORS NOTE: The Cleansheet committee found this article controversial, but has been included for your review and input. Any comments may be sent to the C.S. address.

## A NEW YEAR WITH A NEW FAMILY

Here we are a NEW YEAR in a Recovery House, some of us thinking of family and spouse WE mustn't start to reminis and feel Sad, but remember alot of things we did were real, real Bad.  
When our people wanted to love us and give us Hugs, all we could think about was partying and drugs  
And now we're restarting to realize it was't funny when we cheated and stole everyones money. We must remember that deep down inside we all love our families, and they love us too, so keep our mind's on what we have to do.  
Now is our chance to get on the right track, and get our responsibilities, and families back  
We must remember to keep our memories green, and now we're looking for a whole new scene  
It was rough through our addiction, but we have survived and should be grateful we're still Alive!  
I know someone is watching over you and me  
The higher power is called G.O.D.  
It's a New Year and time for winning, remember family. it's not the end, but our new beginning  
So make stying clean one of our New Years resolutions, and give N.A. a chance  
They might have the SOLUTIONS!  
Respectfully Submitted  
"Cephas" J.

## FROM TWO GRATEFUL RECOVERING ADDICTS

First of all we feel this is a story that must be told, It is a story of Ed and Joe, I'm Ed, I was born and raised in Kensington and Joe is from South Philly. We met about ten years ago in the Philadelphia Detention Center. It wasn't two months after my 18th birthday that I was in jail doing my first bit. That is where I met Joe, he was about 22 and had already been coming in and out of jail since his 18th birthday, and both of us were using drugs. For the next ten years of our lives that was the story. Believe it or not that is where we are today. Looking back now we can both (although we are incarcerated) laugh and take a sigh of relief. We have both come to realize by the grace of God, That we are powerless over our addiction. Only a power greater than ourselves could restore us to sanity, We both could recall sitting in jail talking that bull stuff about how we were gangsters out on the street, and we couldn't even make a fifty-three dollar bail. Even in our younger years we had burned all our bridges. Today we don't talk about getting high, but we do talk about what getting high did to us and the years it has stolen from us. We know today that we had to go through what we've been through. We accept that today and Thank God for seeing us through it. We don't try to change or hide the past! But rather we are thankful for today, and look forward to tomorrow with hope, By the grace of God and the fellowship of N.A.

Remember One Day at a Time! Walking in the newness.  
Eddie O. and Joey Di



# ANNIVERSARIES

## FEBRUARY

12th Mark P. 2yrs  
 17th Mike R. 2yrs.  
 25th Jim G. 90days

## MARCH

1st Doug P. 2yrs.  
 9th Steve B. 3yrs.  
 18th We Care Group 2 yrs.

## APRIL

1st Danny F. 3yrs.  
 6th Ernie E. 2yrs  
 14th Kathy G. 1yr.

## MAY

5th Karl O. 1yr  
 10th Dorothy M. 1yr.

## JUNE

12th Diane M. 3yrs  
 12th Colleen R. 3yrs  
 14th Leann M. 1yr.  
 28th Dave A. 1yr.

## JUNE

3rd Bobby B. 8yrs.  
 6th Art P. 1yr.  
 7th Linda W. 3yrs  
 11th Mike I. 2yrs  
 12th Mark W. 2yrs.  
 24th Brian F. 4yrs  
 27th Dave Y. 1.5yrs

## JULY

5th John S. 10yrs  
 6th Steve D. 1yr.  
 19th SWANA AREA 3yrs.

# SUBSCRIBE

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 1 YR.-6 ISSUES 20 COPIES PER MONTH-\$14.00

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(CITY)

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FOR GIFTS: SHORT MESSAGE

**CLEANSHEET**  
 P. O. BOX 112  
 SHARON HILL, PA 19079

Danny M  
 1631 Gr  
 Phila, PA 19124



# HELPLINES

## PENNSYLVANIA

Montgomery County  
 215-688-4730

Delco Area  
 215-534-9510

Phila. & Bucks County  
 215-934-3944

## DELAWARE

New Castle County  
 302-429-8175

## NEW JERSEY

609-886-9022