

CLEANSHEET



GREATER PHILADELPHIA
REGION



VOL. 3 NO. 4

MARCH-APRIL

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

REGION

The Regional Service Office is now open! Time: Tuesdays 6:30 till 9:30 pm. Place: 6182 Ridge Ave. Suite 201 Phila. PA. (215)483-5154

The RSO Board meets at the office the first Monday of the month at 8pm

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 & Penn Valley Rds. For more info call Joe G. 533-0389 Jane 943-5758

PHILADELPHIA

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

I&I needs support. They meet the second Saturday of the month at 7pm at the HIPID West Chester Pike Upper Darby. Please call Leslie C. (215)449-8816.

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

INNER CITY

ASC meets the 2nd Saturday, 3:00pm at 25th & Lehigh Ave. Phila. Pa.

The Unity Committee meets before ASC in the same location. We are in need of support.

SWANA

The activity committee meets every Tuesday, 7:15pm at Rosehill Community Center, New Castle DE.

PI meets every Thursday, 5:30 pm at 2055 Limestone Rd suite 113. Stanton DE. For more info call Allen (302)633-1075

I&I meets the 2nd Monday, 7pm at St. Patrick's Church 15th & King st. For more info call John (302) 654-3186

TO GET INVOLVED WITH THE CLEANSHEET

CALL

Sam C. Clean Acres 215-696-4274

Roger G. Delco 215-352-4360

Laura L. SWANA 302-762-5060

Gregory Phila. 215-457-8286

Bonnie Inner-City 215-549-5968

Allen Chair 302-652-3038

Debbie treasury 215-532-7113

ANNOUNCEMENTS

THOUGHT FOR THE MONTH

Our First Tradition concerns unity and our common welfare. One of the most important things about our new way of life is being a part of a group of addicts seeking recovery. Our survival is directly related to the survival of the group and the Fellowship. To maintain unity within Narcotics Anonymous, it is imperative that the group remain stable, or the entire Fellowship perishes and the individual dies.

Fifth edition of the Basic Text, page 59 paragraph 1.

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



God is wonderful

I went to pick up my boyfriend up from a trip he went on with work. I drove 1 hour and waited another hour for him to arrive. So I had the opportunity to share with a newcomer. When I received the call and found out that I had missed a call by 5 minutes to tell me that my boyfriend was going directly home, I didn't get mad or resentful, I went home. I said if I ever see that newcomer at a meeting it would had been worth it. I got lost both up and back, but I was never lost. I was exactly where I was supposed to be 'cause today I sit at a meeting and that new person just walked in the door and got a hug from me.

In loving service
DEB

"A DREAM"

In my dream I could see
a world that is drug free.
A place where kids could play
where trouble stay away.
A place where hopes were fulfilled
A place where mothers didn't
have fear that death would always
be near.
Where love fills the air and
happiness everywhere.
I looked up I could see
God had his arms around me

Respectfully submitted
Cynthia

"If we have accepted ourselves,
how can we reject another?"
excerpt from I.P.S. Another Look

OPPORTUNITY OR OBSESSION

When stinking thinking has clouded your mind...
And the phone calls are made but no one you find...

After you talk to your sponsor but that thought is still there...
From in and without there's no peace anywhere...

You know where to go and you know what to do...
Opportunity or obsession which one is for you...

Seeing those people you know that you shouldn't...
Not making a meeting saying that you couldn't...

Going to places where bad things are going on...
If you're weak you won't make it so you have to be strong...

Everyone is watching will you make it through...
Opportunity or obsession which one is for you...

You've got one more run out there on the street...
But can you recover or is it death that you'll meet...

The world hasn't changed so don't be a fool...
Drugs hey man ain't cool...

Your life is no joke these things are true...
Opportunity or obsession which one is for you...

Charles J.

The sun is shining, the future's brand new.
I have a tomorrow, and the reason is you.
Life is a struggle.

The challenge I'll meet.

With N.A. by my side, I won't know defeat.

You are my life.

And my everything.

You showed me a side of myself which I never seen.

You showed me love.

With a burning desire.

With a taste of recovery, I took it a step higher.

Now I've arrived, I'm new on the scene.

Brand new in love - and it is means.

Love is a struggle.

And sometime's I'm confuse.

But there's is one thing that I'm sure of

"With God by my side, I will not lose"

Thanks for letting me share
Kevin G.

As our lives begin to change
we grow towards being the people
we are meant to become?
we were meant to be? Nah.
We always wanted to be.

Dear Cleansheet:

Ian an arrogant addict. I humbly admit this to all, (of course, my arrogance does prevent GREAT humility), still, as humbly as I can, I admit the fact.

The point of all this is my arrogance is made of many other things. To hide them all under a blanket term would be to cheat myself out of growth. So-- What is Arrogance?

Arrogance is my fear
sneaking out sideways
Protecting me from the reality
that I am humin.
Arrogance is my confidence
doubled, tripled
screaming loudly as it prays.
"I can do this".
Arrogance is truth
hidden, masked, and finally
giggled out
so no one will notice
my pain

Now does knowing this immediately remove arrogance from my character? of course not! Instead, the realization that my fear, confidence, truth, and pain are all aspects of my humanity, helps me to accept greater parts of both myself and my fellow humans. In that acceptance I find more of myself to share with God, and more of myself to reveal to others.

Thank you N.A. for caring
With love & HOW,
RIVA!

"One of the major points is that addiction is the cunning enemy of life. The recovering addict is the ultimate weapon against addiction. Hence we are each tools or messengers to save each others asses!"

Mike R.

THROUGH PRINCIPLES WE UNITE

The principles of N.A. are just like the blood streams in one's body. The principles make an addict become a productive member of society. The Steps allow us to better understand ourself and come close to a Higher Power of our own understanding. The Twelve Traditions allow us to keep an atmosphere of recovery in our home groups and meetings. Together forms the body of N.A. A group of men and women who must regularly to help each other stay clean. The principles are the foundation of our program. The unity is the therapic value of one addict helping another. because we share and care the N.A. way we learn the true meaning of unity. Without the principles how could we unite? How could we recover? There is much gratitude in my life today. Because of these principles I have, fellow recovering addicts in my life who unconditionally reach out, share emphy, love, and understanding unite us. Where else but in N.A. are you welcomed inspite of, not because of. I am greatful.

Through Principles We Unite

Annoymous

Today, I give thanks to God for caring, directing, and showing me that I could live a better life through a program called Narcotics Anonymous. It was suggested to me that I follow certain principles in the program such as the 12 Steps and 12 Traditions, things would get better. Thank God, and they have.

This is not a "I" program, but a "WE" program. We admitted, came to believe, and made a decision to turn our lives over to God through the fellowship. These are the principles that open the door to our recovery. First, we had to look at ourselves and to admit that we were addicts and had a problem and that our lives were a mess. Second, we believed that no one except our Higher Power (God) could carry us to where we are a day at a time. Third, we make a decision to turn our pain, hurt, and shame over to God. However, to let him do his will and not our's.

On the other hand, the principles, especially the first three, said we were addicts, we could change, and we can recover, if we apply the principles. However, if we continue through the Steps and Traditions, which is a must, we will become productive and responsible recovering individual and feel good about ourselves. For unity brings about change and principles brings about work. "We" must work the principles together in order to recover.

"We" are a family who works together in order to stay together. However, let us use the principles in all of our affairs and remember Principles before Personalities and life itself.

Remember we have a family bond, and thank you God for saving me.

DeLores W.
Small Wonder Area

The principles of unity can be found in the Basic Text. "True spiritual principles are never in conflict; they complement each other." Four of these are surrender, humility, service and anonymity. I'd like to share my experience on these along with other quotes from our literature.

"Surrender meand not having to fight anymore." Every Step and Tradition begins with surrender. The principle of freedom from active addiction is to cease resistance to change. Wherever there is resistance unity cannot survive. Unity begins with surrender.

Humility is the foundation of all the Twelve Steps of N.A. "Humility is as much a part of staying clean as food and water are to staying alive." I accept my disease as it is. I am willing to be influencen by the powers that surround me. I make every effort not to be a fraud and allow you to see me as I really am. Humility is the ability to love and to be loved unconditionally.

"Service is a power greater than we, and has significant meaning for all" (I.P. 5- Another Look). By surrendering my personal desires and wading into service work, my isolation is penetrated with a new purpose in life. I have experienced the pain of active addiction and the rewards of recovery. I have a message to carry.

Anonymity is surrendering the "I" for "We". "It protects us from our own defects of character and renders personalities and their differences powerless." I try not to think about what is best for N.A. My selfcenteredness works through my defects of character focusing on pride and prestige. I am not a unique addict. "By working together for our common welfare, we achieve the true spirit of anonymity."

When birds fly south to avoid the cold, winter months, they fly in a "V" shape or as a UNIT. It doesn't matter if any bird flies with family, friend, or foe. No bird could fly the southerly direction alone and suvive. "Self sufficiency is a lie."

"Our survival is directly related to the survival of the group and the Fellowship." I am an addict headed in the same direction as you: recovery. I surrender to the support of N.A. I strive to build a harmonious relationship with God, myself and other human beings. I'm one part of a UNIT of a greater whole called N.A.

Through principles we unite. "I CAN'T, WE CAN"

Thank you, Cleansheet for picking the topic "Through Principles We Unite". It is rather timely, considering the 8th GPRONA has this slogan for it's theme.

Many times I've heard the saying "There are no musts in NA, but every NA group ought to be fully-self supporting declining outside contributions". How surprised I became when someone told me there were 13 musts! It's true, too there are 13 "musts" in the steps portion alone. Actually there are at least 34 musts in book one and 2 in the introduction. I would like to merely quote 5 that can be found in the 1st & 2nd Traditions. (Yes- in the 5th edition that's pp. 60-61. In the 3rd that's pp. 58-59.)

"Unity is a must in Narcotics Anonymous."

"We must live and work together as a group to ensure that in a storm our ship does not sink and our members do not perish."

"We must be constantly on guard that our decision are truly an expression of God's will."

"An atmosphere of recovery in our groups is one of our most valued assets, and we must guard it carefully, lest we lose it to politics and personalities."

"We must remember that offices have been placed in trust, that we are trusted servants, and that at no time do any of us govern."

Also from the introduction; (p.xvi)

"We must always remember that as individual members, groups, and service committees, we are not and should never be in competition with each other."

Our recovery is dependant on the strenght and unity of our Fellowship. The above 6 quotes say all that is necessary.

They can be found in the Basic Text. They can be found in the Traditions. They can be found in The Spiritual Principles of the program. Hopefully, they will always be found in the Worldwide Fellowship. And I pray that they will be found in us

I love you.

And I'll keep coming back. It works **Real Slow**.

NEXT MONTH'S TOPIC IS

THE NEWCOMER IS THE
MOST IMPORTANT PERSON

DID YOU ATTEND LAST YEARS MEMORIAL DAY PICNIC AT LEMON HILL?

I DID. AND IT WAS ONE OF THE BEST TIMES I EVER HAD IN
RECOVERY. SO HELP MAKE THIS YEARS CELEBRATION HAPPEN.

TO GET INVOLVED CALL FRANK W. @ (215) 455-9112 or
LAWRENCE W. @ (215) 978-5744 ALL AREAS ARE WELCOME.

HAVING A N.A. BIRTHDAY?
WHY NOT SEND IT TO US SO WE CAN CELEBRATE!!
OR CALL ALLEN T. AT (302) 633-1075 BETWEEN 8am til 8pm
AND LEAVE A MESSAGE. THANK YOU.

Dear Cleansheet,
I am a very grateful recovering addict. I have been incarcerated
for the past 18 months, and although I don't like being incarcerated,
I have core to a new hope and understanding. Thanks to the N.A.
Fellowship and my Higher Power.

Walking in a new mess
Joey Di.

RECOVERING ADDICTS WHO DESIRE LETTERS

NAMES	ADDRESS
Dwayne Campbell AY-7096	1111 Altamont Blvd.
Steven Bell S-0357	Frackville, PA 17931
Roy Graham S-1005	
David MoleY-5816	
Frank McGrath Y-6259	
Ken Martus BB-6048	
Russell Williams M-3257	P.O. Box 244
Dan Lens BA 78-79	Graterford, Pa
Albert Wilson AF-8286	19426-244
Joesph DiGiovani S-88-10138	P.I.C.C.
Ed Oberholtzer B-0374	8301 State Rd.
Joesph Trainor 88-10012	Phila., PA 19136
Joseph Pozzi B-0233	
Steve Stevenson	3044 N. Arbor St Phila., PA 19134
Joseph Johnson S-1321	Drawer A Old Route 22 Cresson, PA 16630-0010

My recovery hasn't been easy, but it has been worth every tear
and every ounce of pain. At first I couldn't stand to go a day or
even 12 hours without dumping all my guilt on my sponsor. I was
determined and deliberate about this, I was tired of suffering.
When I had called for help that first day, he had asked me 'Are
you willing to go to any lengths not to have to feel this way any
more?' Immediately I bellowed YES, YES, anything, please help me.
Since that day I have worked very hard on my recovery. Granted,
not always because I wanted to, but sometimes because I was forced
to by how I was feeling and what I was thinking.

As time passed I began to understand the STEPS and accept them.
One by one I worked at applying them to my life. (with the help
fo my sponsor, the fellowship, and my Higher Power) Each step has
been a learning & growing experience. Don't get me wrong, just because
I did these steps doesn't mean that I was through with them. It
has taken many years to be happy and comfortable with myself and
others, due to taking each and every step several times and working
through my own insecurities and self-centeredness. TODAY I am very
comfortable in my recovery.

Going to meetings, still after 10 years, is a great benefit.
I once heard, "Where can I better help the addict who still suffers
than in an N.A. meeting." My Higher Power is my major source of
strength. Sponsorship is very important, without it I would not
be where I am today. My sponsor led me through the steps hand in
hand, one by one, and this is what I try to do for those I sponsor,
it's a two way street you know! You have to give it away to keep
it. But don't forget, you can't give away what you don't have yet!
Fellowshipping helped me more that I could ever express. hanging
out after meeting with other in recovery, just talking about anything.
At first I was afraid but I knew I needed a lot of help, so I would
invite myself to tag along. I was accepted with open hearts and
open arms.

Thank God for
Narcotics Anonymous
John D.
S.W.A.N.A.

To all my friends in recovery! I want to share one small thing
this Cleansheet that is a little bit off the topic "Through Principles
We Unite".

You should be now holding Vol. 3 #4 Cleansheet in your hand.
Is there any input from you in there? NO? Isn't this our newsletter?

Every month I sit down and write something that I heard or
thought of or experienced. Then I send it into The Cleansheet. Our
newsletter needs your input. Last issue there were 2 re-runs of
some cute but corny rhyme schemes.

I hear people share in meeting: "My sponsor is a writing sponsor"
"He/She makes me write about so-and-so step or such-and-such topic."

My sponsor never made me write anything, but I realized I have
freedom, goodwill, creative action and personal growth today!! And
writing my experience, strength, and hope, and then sharing it with
thousands of people improves these 4 characteristics that I am empowered
with today.

If you share your experience, strenght, and hope, you will
never be wrong.

This is our newsletter. We need our input. If everyone who
reads this writes a half-page about any topic and mails it to P.O.
BOX 112, Sharon Hill, Pa. 19709, we would have to double the size
of the newsletter and then we'd have enough input for 3 more years!!

But it will cost you a few minutes of your time, an envelope,
and a 25c stamp.

The principle is sharing. We need to unify to carry the we
message of N.A. (Because that's all there is).

Thanks for letting me share. I'd like to close with the principle
of anonymity.

Love ya.

Truth of the matter is that we got this by
living just for today. Let's all reflect on
how we got where were at and have a
gratitude meeting.



NOVEMBER

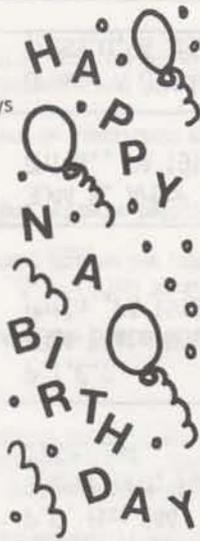
1st John G. 2 yrs.
 28th John D. 10 yrs.
 9th Duke 3 yrs.
 13th Mike R. 1000 days
 14th Sara 1 yrs.
 15th Bonnie 4 yrs.
 25th Jim G. 1 yr.
 26th Don L. 3½ yrs.

DECEMBER

3rd Geoff B. 4yrs.
 6th Vivian J. 2yrs.
 13th Lanua 1yr.
 16th Darry C. 1yr.
 23rd Bob M. 1yr.

JANUARY

7th Tom 3yrs.
 7th Reggie J. 2yrs.
 18th Diana 2yrs.
 21st Tami E. 1yrs.
 27th Nik 1yrs.



FEBRUARY

12th Mark P. 3yrs.
 14th Keith P. 2½yrs.
 14th Dan B. 2yrs.
 17th Mike R. 3yrs.
 20th Sat. Mt. Alive 2yrs.
 21st Billy R. 2yrs.
 23rd Venessa J. 1yr.
 25th Chris F. 3mo.
 25th Theresa 2yrs.
 26th Roger 2yrs.

MARCH

1st Doug P. 3yrs.
 16th Rob R. 1yrs.
 21st Fran F. 5yrs.
 21st Janet K. 2yrs.
 23rd Lionel H. 1yr.
 27th Mary.C 3yrs.

APRIL

4th Paul W. 9mo.
 14th Kathy 2yrs.
 26th Allen T. 3yrs.

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FOR GIFTS: SHORT MESSAGE

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HELPLINES



PENNSYLVANIA

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 215-534-9510

MONTGO. COUNTY
 215-688-4730

PHILA & BUCKS
 215-934-3944

DELAWARE

New Castle County
 302-429-8175

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