

CLEANSHEET



GREATER PHILADELPHIA
REGION



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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 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

THOUGHT FOR THE MONTH

Writing about what we want, what we are asking for, what we get, and sharing this with our sponsor or another trusted person helps us to work through our negative feelings. Letting others share their experience with us gives us hope that it does get better. It seems that being powerless is a huge stumbling block. When a need arises for us to admit our powerlessness, we may first look for ways to exert power against it. After exhausting these ways, we begin sharing with others, and we find hope. Attending meetings daily, living a day at a time, and reading literature seems to send our mental attitude back toward the positive. Willingness to try what has worked for others is vital. Even when we feel that we don't want to attend, meetings are a source of strength and hope for us.

It is important to share our feelings of wanting to use drugs. It is amazing how often newcomers think that it is really abnormal for a drug addict to want to use. When we feel the old urges come over us, we think there must be something wrong with us, and that other people in Narcotics Anonymous couldn't possibly understand.

It is important to remember that the desire to use will pass. We never have to use again, no matter how we feel. All feelings will eventually pass.

The progression of recovery is a continuous, uphill journey. Without effort we start the downhill run again. The progression of the disease is an ongoing process, even during abstinence.

We come here powerless, and the power that we seek comes to us through other people in Narcotics Anonymous, but we must reach out for it... A symptom of our disease is alienation, and honest sharing will free us to recover.

Can You Find This Quote?
Pick Up the Fifth Edition of our book!



The Prayer That Changed My Life

My Higher Power I found was the way
 Since I began to believe in the people of N.A.
 When I first went, I thought no one would care
 Then they stood and said the Serenity Prayer
 It meant so much I started to cry
 No longer, no longer I wanted to die
 Simple words those four little lines
 They gave me the strength to START to feel fine
 No even a week since I last got high
 I was ready and willing to kiss it all goodbye
 I'll read this prayer everyday
 Thank you, thank you members of N.A.

Tony L
 8-18-91
 Claymont, DE

"Principles"

Going down this long dusty road
 Dust collecting on my clothes.
 Pieces of my travels to carry with me
 An outward sign of my experiences
 Sometimes it seems more dust collects
 on the outside
 than knowledge collects on the inside.
 But it's all chalked up to experience.
 People see my clothes
 And know I've traveled far
 Can't they see it in my face ----
 everything I've gained from it?
 Can't they see how much I've grown?
 My old clothes don't fit me anymore ---
 they're too small, torn and falling off
 I'm trying to throw them away
 Please don't ask me to wear them anymore.

By: Rachel
 9-15-91

As I write this on the spot, I fill the space
 that was filled not.
 I thank NA for all the hugs, a sponsor,
 a life, and freedom from drugs.
 I belong! I belong to a group (or they to me!)
 I found a place where I belong!
 These are a few of the things that were said
 To help me get the message going to my head.
 "You don't have to hurt! You don't have to hate!"
 "You don't have to be trapped! You can be free!"
 (Maybe these people know better than ME?!?!?)
 Hurt? Hate? Trapped? Free? If you're talking to
 someone, it's probably not me!
 (I'm not like you. I'm different.)
 Somehow I listened and came, but felt stupid.
 Thanks for the hugs and unconditional love.
 They kept me around - to hear about (me) you,
 to share my joy, my pain - to carry me through.
 Several seasons down the road, I share around
 here (and how much lesser my load!)
 Today ToDAY Today - I have something to give
 to that scared newcomer (who may not live)
 The disease is fatal. I've seen it destroy.
 We kill IT by caring and sharing. Selflessly.
 I am an addict. I have something to give.
 Selflessly. (thNAks SWANA)

Soft Is The Heart Of A Child... Embrace It

Eyes, soft and blue
 What do they see?
 Love and trust so new
 Lots of pain caused by thee

Looking up from that ominous view
 We appear unreachable,
 Untouchable and askew.
 Where is the truth?

To misuse and abuse
 Our innocent youths
 Our past may haunt us
 But today we can choose.

A new way of life
 It's never too late
 Eyes, soft and blue
 Time for love, no more hate!

Pat K.





Topic of the Month

I've often heard, yeah - I know we have a symbol but I don't really understand it, nor does it mean much to me. Well, I've an analogy which brings the symbol to life for me on a daily basis which I'd like to share with you.

First, picture the "base of goodwill" as being the fact that you have entered an NA meeting and are standing on the floor. It took some goodwill to get you this far! Now picture four invisible walls surrounding you (as an addict this should be no problem!) but in this case these are built of your relation with a H.P., to self, for service, and within society. If you are working your STEPS, SPONSOR and HOME GROUP all the walls will be sturdy and be able to support the roof which is known to us as "the point of freedom". With this in mind no matter where we go our program comes along with us as an invisible fortress against the rain from "people, places, and things". If you keep up strong walls and "live within our symbol" ALL WILL BE WELL.

Bill B.

Bucks Co./Pure&Simple Areas

A relapse is not a sign of total failure, but one of a need for a more rigorous application of the program and a greater surrender.

"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.

Reprinted from past issue of
The CLEANSHEET

Question: What should I do if I am asked to give a presentation on or about Narcotics Anonymous?

Answer: It is suggested that all presentations about Narcotics Anonymous be turned over to the Public Information Sub-committee. The reason for this is to leave self will and ego out, to abide by the twelve traditions, and that no one individual or group represents Narcotics Anonymous as a whole. If you want to get involved, Please contact your Area/Regional Public Information Sub-committee.

Thank You,
Regional Public Information
Sub-committee

THANK YOU N.A.

When I didnt know I needed you
You were always there
When I had excuses for everything
Youd listen to me share
When I had nothing to offer
You said that I had me
When I hung on to all the pain
You said that I was free
When I didnt know what I was grateful for
You taught me how to pray
When I was overwhelmed by the future
You said to live for today
When I didnt know anybody
You said to pick up the phone
When I felt isolated and by myself
You said I wasnt alone
Today I know I need you
And youre still always there for me
Today I have something to offer
I give what was given to me
Today I grow through pain
I love living life with me
And the day that I surrendered
Was the day I was set free
My life is beyond my wildest dreams
My faith is in action today
Im not afraid of tomorrow
Because I live my best today
Ive allowed myself to get close to you
And youre as close as the telephone
And even when Im by myself
I dont feel alone
Thankyou, Narcotics Anonymous
For everything youve done
Today I am a winner
For today, Ive already won

Diane E. S.W.A.N.A.

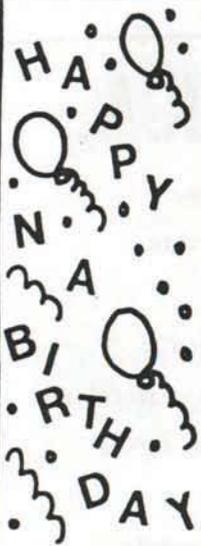
Reprinted from past issue

N.A. READERS WRITE

There was a cartoon here,
it concerned newcomers
being "hit on",
we couldn't find a way to make it funny.

Reprinted from Together We Can
(Newsletter of the Freestate Region)





Sean D.	Oct. 8	6 yrs
Shannon B.	Oct. 10	1 yr.
Sabina K.	Oct. 10	1 yr.
Tracey	Oct. 20	1 yr.
Darcy	Nov. 6	30 days
Sara A.	Nov. 14	3 yrs
Bill J.	Nov. 22	9 mo.
Jim G.	Nov. 25	3 yrs
Richard D.	Nov. 26	2 yrs
Walt N.	Dec. 23	4 yrs
Reggie J.	Jan	4 yrs
Richard H.	Jan. 29	5 yrs
Sue A.	Jan. 29	8 yrs

Jack be nimble
Jack be quick
Jack didn't work the steps
So he stayed sick
-Moondoggie

CLEANSHEET

c/o GPRSO
6212 RIDGE AVENUE
PHILADELPHIA, PA 19127

CLEANSHEET COMMITTEE NEEDS SUPPORT!

Cleansheet meets with the GPR Unity Committee. Next meetings are at noon on Saturday of the GPRSC weekend.

WANTED: NA members to write original articles, poems, poetry, etc... for The Cleansheet!

Have your NA birthday included in the next Cleansheet!