

CLEANSHEET



GREATER PHILADELPHIA
REGION



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1992

MAY-JUNE

The CLEANSHEET is a function of 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!

Inner City Area- Dance every friday at 22nd & Chestnut for East Coast Convention fundraiser.

- June 19-21 East Coast Convention, Temple University, Phila.

- July 18th Inner City Area H&I Pool Party & Fundrasier.

3512 Haverford Avenue, Philadelphia.

Bucks County Area- Bucks County Area Convention IV, Sep 25-27, 1992. "The Growth of Recovery" Sheraton or Sheraton-Royce Hotel Oxford Valley Rd. Langhorne, PA. For Convention Info call Dorothy (215) 244-1218.

- *Murder Mystery Dinner Party* at United Christian Church New Falls Rd. 6:00 pm

For more info contact: Steve D. (215) 945-0283

Bee Hive Area- The Third Bee-Hive Area Birthday Convention, November 26 to 30, 1992 at "Ramada Inn" Public Square, Wilkes-Barre. Pre-registration postmarked by Aug. 30 For more information call: Cathy S. (717) 823-2785

Pat L. (717) 693-3681 Day: (717) 675-5749

Vito L. (717) 693-3681 Day: (717) 283-1875 Al S. (717) 457-3318

THOUGHT FOR THE MONTH

From the isolation of our addiction, we find a fellowship of people with a common bond of recovery. N.A. is like a lifeboat in a sea of isolation, hopelessness and destructive chaos. Our faith, strength and hope come from people sharing their recovery and from our relationship with the God of our own understanding. At first it feels awkward to share feelings. Part of the pain of addiction is being cut off from this sharing experience. If we find ourselves in a bad place or we sense trouble coming, we call someone or go to a meeting. We learn to seek help before making difficult decisions. By humbling ourselves and asking for help, we can get through the toughest of times. I can't we can! In this way we find the strength we need. We form a mutual bond, as we share our spiritual and mental resources.



N.A. Fellowship,

2-27-92

Hello friends! My name is Tommy Johns. I am incarcerated at Delaware County prison and have been since June 13, 1991. Unfortunately I will have to stay here until June of 93. The reason for my incarceration is directly due to my alcohol but mostly cocaine addiction. My life was utterly a mess weeks, days, hours before I came in, but it wasn't always this way as I'm sure alot of addicts will understand. I truly believe my coming to prison was a blessed intervention which more than likely saved my life. For this new chance at life I will always be grateful to my higher power, which I call God.

Coming here in the condition I was in basically was my first direct introduction to both N.A. and A.A. I always knew they existed but never thought they were for me because "I wasn't an addict." I didn't shoot drugs. I didn't need to, my own self imposed idea of what an addict really was prevented me from seeking the help I needed and might have caused me to get into trouble in the first place. Yes I am an addict in its truest form and that scared the hell out of me, but also greatly helps me because now I know, I am aware of my problem.

I'm twenty nine now, just recently had a birthday not a pretty place to have one but I'm thankful I had another one. I wasn't using addictively until about two years ago, after my fiance and I split up for reasons other than my occasional use. Soon after my split with 'Sue', my using became more and more until I was out of control. I'm being honest when I say prior to this I was what we know as an occasional user, maybe on my way to addiction, maybe not. I could use and stop at will. I worked a very good job, was responsible with my bills and everyday actions. I came to acquire alot of good things in my life, then lost them all because I just didn't care any more after she left. I don't blame her or anyone else, I am an intelligent man but just fell to my emotions instead of dealing with my problems the right way and soberly. That was my downfall. Now I'm here, thank God not dead because I was real bad for awile. I "can't". I will never again be able to use normally. I am an addict and always will be until the day I die.

But now I know I can make it out there again. I've gained my self-respect back, my body is healing and my spiritual faith has strengthened because of all I've been throught and lived to write this letter to share. Whe I do get out, I can again build my world back up and even better than it was as lond as I don't pick up again, And believe me, prison life isn't as safe as most people might think. If one wants to pick up in here - yes, it can be accomplished - not as easy but it can be done. I've felt the temptation but have resisted, one because I remeber the pain and misery but mostly because I want more out of my life even in prison, I choose to live life!

Since being "down" which I'm not I've kept for the most part very positive although some days I do get blue. But that's even healthy because I use it to remind myself this is not where I want to be, not where I belong. "Jail only has my body, drugs had my body, mind, and spirit and I was supposibly free, but not hardly." But since being down, I've gone to the meetings here both N.A. and A.A. At first I didn't raise my hand to share, now you have to shut me up or I'll go on and on. As a matter of fact I coordinate the meetings for my block. I politely try to encourage new people to go, even if they don't think they are addicts. Go just to listen, helping others helps work my own recovery.

This was the first time the guys who come up has brought the "cleansheet" publication. "I loved it" and I've been clean now "completely" from all substances for a hard but good nine months. The first real complete break I've given myself since about thirteen. I fancy myself somewhat of a writer, at least I love to write as you see. I enjoyed and got alot out of the poems in the Jan-Feb issue. I also have a couple, actually over one hundred now, but I'd like to send you a couple dealing with the subject of addiction and recovery. I don't get alot of mail so therefore I don't write too many letters. If there's anyone who enjoys poetry or letters or enjoys writing letters maybe we could help each other. Contact with someone positive even if it's only sending letters out would be very nice. I write poetry on most topics religial, love, nature, etc etc and I keep up on most current events in the papers and news. I have lots of interests including traveling which I've done to some extent. I guess I just long to feel connected to something other than this gloomy place and share some of my experiences with someone. Either way it felt good just to write this letter. Keep the faith and remember one beautiful day at a time. Thanks for letting me share.

Yours in recovery,
Tommy J.

Recovering Addicts Who Desire Letters

Robert Manning AS-1377
Box 244
Graterford, PA 19426

Tommy Johns
PO Box 23A
Thornton, PA 19373

Russell Williams A-M-3257
Box 244
Graterford, PA 19426





HAPPY N.A. BIRTHDAY

NINE MONTHS

SHAWN M. APR 28 (SWA)

ONE YEAR

WANDA M. JAN 19 (SWA)
JEFF M. JAN 19 (SWA)
MIKE E. FEB 11 (BHA)
BEVERLY MAR 07 (BHA)
JIM W. MAY 06 (Bucks)
KEN M. MAY 07 (SWA)
MIKE W. JUN 07 (Bucks)
TOM J. JUN 13

TWO YEARS

DARREN M. FEB 26 (BHA)
MIKE O. MAR 09 (BHA)
WOODY MAR 15 (ICA)
TUCKER MAR 22 (ICA)
DENNIS C. APR 07
ALMA B. APR 25 (SWA)
RAY D. APR 26 (SWA)
STEVE R. APR 26 (BHA)
MIKE S. MAY 30 (BHA)
JESSE M. JUN 09 (BHA)
VANESSA W. JUN 14 (Montco)

THREE YEARS

SUE E. JAN 31 (BHA)
ROBERT M. FEB 06
DAVE K. MAR 07 (BHA)
PAM B. MAR 13 (BHA)
GREG D. MAR 14 (SWA)
ADAM D. APR 08 (BHA)
BECKY W. APR 09 (BHA)
SHELBY W. MAY 06 (BHA)
LARRY R. JUN 13

FOUR YEARS

CATHY S. MAR 17 (BHA)
BOB J. MAY 04 (BHA)
DORTHY M. MAY 10
STEVE D. JUL 06 (Bucks)

FIVE YEARS

ERNIE E. APR 06 (SWA)
ALLEN T. APR 26 (SWA)
GEORGE L. APR 28
MIKE I. JUN 11 (SWA)
DAN L. JUL 12 (SWA)

SIX YEARS

BRETT D. FEB 14 (BHA)
WALT M. FEB 22
FRED W. MAR 03 (SWA)
DEB S. MAY 01
BRENDA I. MAY 02 (SWA)
DIANE E. MAY 12 (SWA)
DON C. MAY 26

SEVEN YEARS

JOANNE B. JUN 01
ANNE C. JUN 09

EIGHT YEARS

PAT L. FEB 02 (BHA)
MARK B. MAY 10
RICH W. MAY 31 (BHA)

TEN YEARS

ART Q. JAN 14 (BHA)

THIRTY TWO YEARS

VITO L. FEB 14 (BHA)



The serpent lie in his home
with nothingness in his dome
Death plays with his mind
By poison he is blind
With others he is alone
A heart replaced by stone
Empty is his soul
No way out, he can see
No more can he control
The serpent once was me....

But now he is free.

Eric B.

Empty

Empty Is the man who fills his
cup up with other's mishaps and sorrows!

Sad Is the man who smiles
with satisfaction while another life falls in
pain!

Sha' ow ... Is the man who reaps
other's fields and takes your harvest by
clouding your visions. AND

Lonely Is that man who
harrasses what is different to him
Because he himself is ignorant of life and
cannot understand!

By Egads

We work separately and together
to help the newcomer and for our
common good. We have learned,
painfully, that internal strife cripples our
Fellowship; it prevents us from providing
the services necessary for growth.

Love can be the flow of life
energy from one person to another. By
caring, sharing, and praying for others, we
become a part of them. Through
empathy, we allow addicts to become a
part of us. (Narcotics Anonymous 5th Ed.)

CLEANSHEET

c/o GPRSO
6212 RIDGE AVENUE
PHILADELPHIA, PA 19127
(215) 483-5154

AREA ANNIVERSARIES

GREATER CAMDEN AREA
1 YEAR APRIL 1
SMALL WONDER AREA
6 YEARS JULY

If your anniversary is not here in
the Cleansheet, it is not an
oversight of the newsletter
committee, your anniversary was
not sent in. There was no special
treatment for those listed in this
issue. Take the responsibility to
do it! Have your anniversary
included in the Cleansheet by
simply mailing it to your regional
service office.

(The deadline for July-August
issue is June 24) Next issue
tentatively will celebrate birthdays
in the months of July through
October. We recognize all
keychain & medallion lengths of
time. Keep Coming Back (We
NEED You)!

"Faith"

"Tragedy to Triumph"

I have triumph in the face of tragedy.
Been humble before his majesty.
Went through hardships to find ease,
Closed my eyes to behold thee.
Bent my ear to listen to my heart.
Traveled to my end and found a place to
start.
Sometimes the impossible is a matter of
belief.
Through controversy and trials comes relief.
When I've questioned, I was heard.
I was sincere, my heart was given the word.
If I worried or felt unsure,
You've calmed me and reassured.
When there's been doubt, I believed.
If I extended my hands I was received.
You give me solitude from confusion
And seperation when there is delusion.
There's certain Victory when we accept
defeat.
Peace comes to us in prayer and retreat.

Tommy J.
July '91

When you lose sight of your goal -
Look to the light and you'll find me there.
When all seems lost and you can't find
your way -
Look inside and you'll find me there.
I'll guide you through the hardest times,
don't ever worry 'cause I'll always be there,
And I'll always love you.

I am your inner child.

By Rachel