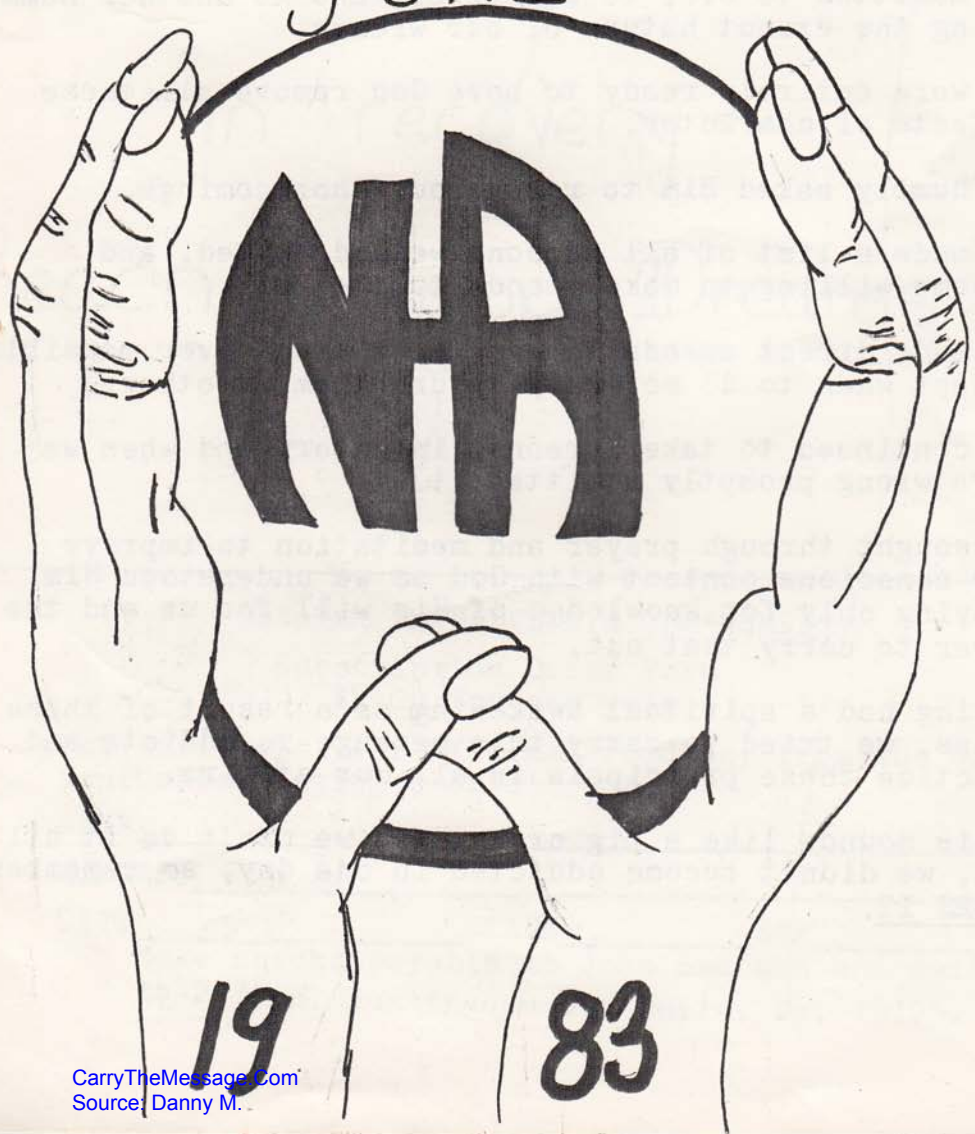


# CLEANSHEET

JUNE 83

FREEDOM, THROUGH  
FELLOWSHIP

JUNE



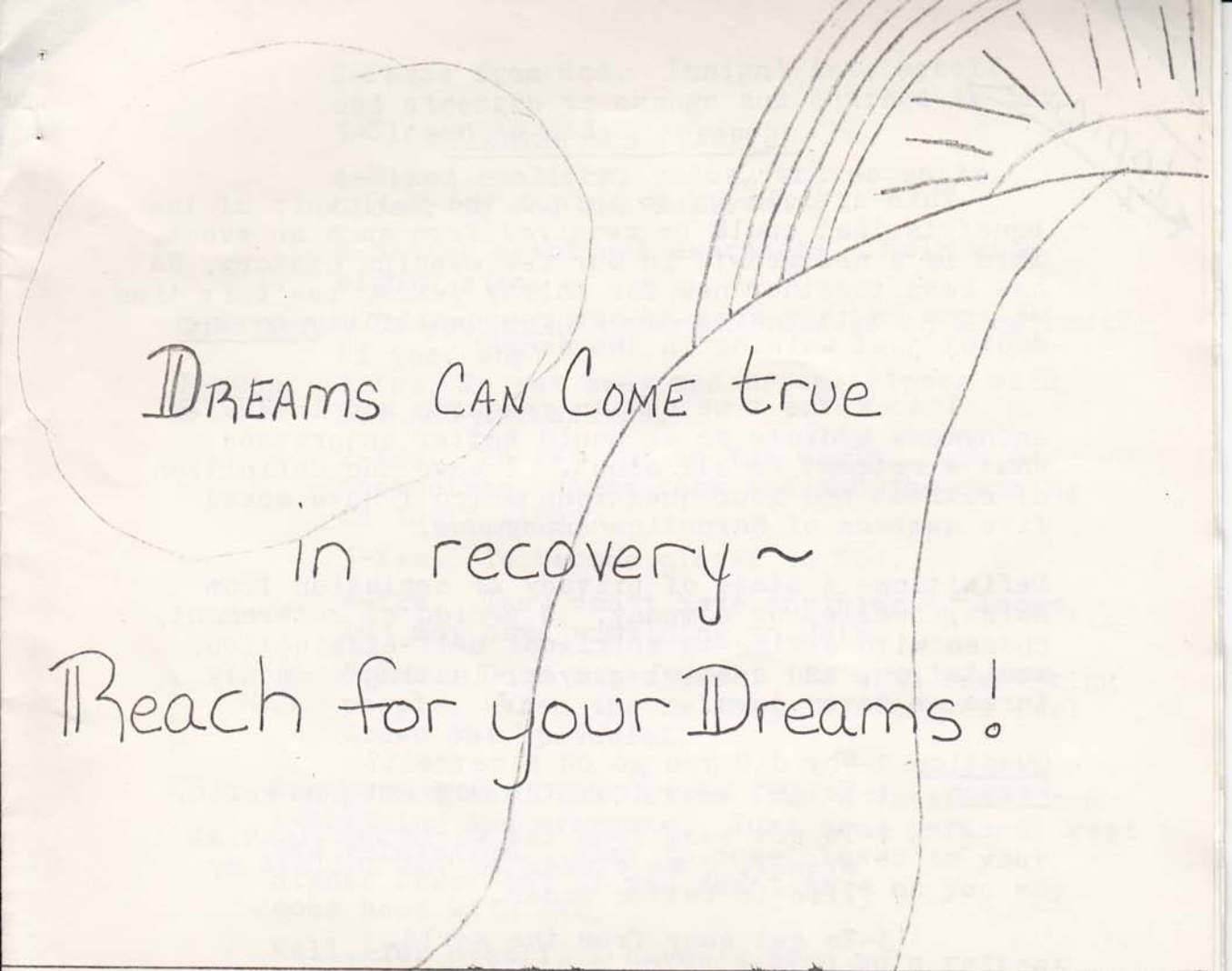
19

83

## 12 STEPS OF NA

1. We admitted we were powerless over our addiction, that our lives had become unmanageable.
2. We came to believe that a power greater than ourselves could restore us to sanity.
3. We turned our will and our lives over to the care of God as we understood Him.
4. We made a searching and fearless moral inventory of ourselves.
5. We admitted to God, to ourselves, and to another human being the exanct nature of our wrongs.
6. We were entirely ready to have God remove all these defects of character.
7. We humbly asked Him to remove our shortcomings.
8. We made a list of all persons we had harmed, and became willing to make amends to them all.
9. We made direct amends to such people whenever possible except when to do so would injure them or others.
10. We continued to take personal inventory and when we were wrong promptly admitted it.
11. We sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as a result of these steps, we tried to carry this message to addicts and practice these principals in all our affairs.

This sounds like a big order, and we can't do it all at once, we didn't become addicted in one day, so remember-  
EASY DOES IT.



DREAMS CAN COME true

in recovery ~

Reach for your Dreams!

---

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Topic →

## RETREAT? WHY RETREAT?

This article is to inform the fellowship of the benefits that could be received from such an event. This is a new growth in our fellowships history. NA has been together now for thirty years, isn't it time we grow in this area of our responsibility to the addict just walking in the door?

I took the time out to research and interview anonymous addicts so we could better understand what a retreat is all about. I have the definition of retreat and four questions which I have asked five members of Narcotics Anonymous.

Definition- A state of privacy or seclusion from noise, bustle, or company. A period of retirement, chosen with a view to spiritual self-examination, meditation, and special prayer, lasting commonly three or seven days.

Question 1-Why did you go on a retreat?

Person 1-To get away from the Dog eat Dog world.

2-To get away from the world and look at myself, come closer to God and put my life in better order.

3-To get away from the world.

4-My sponser pressed me into it.

5-To get closer to God.

Question 2-How many retreats have you been on?

Person 1-1 retreat.

2-10 retreats

3-11 retreats

4-1 retreat

5-2 retreats

Question 3-What did you get from the retreat?

Person 1-Closer contact with God

2-Peace from God. Insight into myself and strength to change and courage to try.  
3-Closer to God.

4-Mixed emotions, peace, and serenity.  
Closer to God and fellowship.

5-Better spiritual awareness. Help with eighth step.

Question 4-Do you think others should go on a retreat?  
If yes, Why?

Person 1-Yes. To get away and become closer with God and themselves.

2-Yes. To get out in the world, look at themselves, where they are and the meaning in their lives.

3-Yes. To become closer to God.

4-Yes. They don't have anything to loose, but may have something to gain.

5.Yes. Good experience. Be with recovering people. When the retreat is over you feel drawn out, peaceful.

One person said that it is like a vacation from everything and everyone. Just some personal rest and relaxation. Also to come closer to your Higher Power but if you don't have on you may come home with one.

Well, for myself, I haven't been on a retreat. I am looking forward to it. The opinions and personal feelings I have experienced from these interviews have urged me even more. When I first thought of the idea I trembled with fear. After awhile I decided to go. Fear played a big role. You see, I have a problem with fear of the unknown. I know I have to take risks to make my life better (through the grace of God) I will do anything today not to pick up. I need NA as a whole to grow to be healthier physically, mentally, emotionally and spiritually human being.

Researched and written by

Mike S.-Reality group

*Poems* and more *Poems*

ONE DAY AT A TIME

One day at a time is all they said  
When I first came around  
They said that things would change for me  
But, I was confused by what I'd found

I sensed a respect for life and love  
That for years I'd had thrown away  
I sensed a power greater above  
That could keep me in today

They said beyond your wildest dreams  
Would begin to happen to me  
If just for today, I could keep it green  
I would begin to expect what will be, will be

Well, I tried what they said, the best I could  
And am grateful for what I've got  
And instead of I should, I could, I would  
One day at a time, I know I will not.

Sept. 81-Chris K.

THE CHANCE

Thank You, God for a chance at life,  
A chance to start anew! A chance to  
leave the past behind and get on with life...  
While I'm still young and able to live-  
Free...Without shame, guilt, pain.  
Able to love and give what you have given me  
A Chance...To grow into the very best person  
I can be. A chance to help the person still  
carrying the past, the pain...  
That chance, That You have given Me.

## THE ART OF LIVING

There's a special art to living,  
And you need a frame of mind  
That can overlook the showers,  
"Til the sun begins to shine  
To develop to the fullest,  
You have got to understand  
That things don't always function  
The way that they were planned.

There's a special art to living  
And the challenge must be met,  
But the longer that you try it,  
The better you will get.  
Don't waste your time in waiting,  
for the world to come to you,  
You have to climb the mountain  
To appreciate the view.

Grace

Dear readers,

We want to thank you again for helping us and supporting us through our beginning. We are getting new ideas and new material to add to the Cleansheet and are pleased with the changes that are being added.

Please continue to help us with your ideas. I must add that certain things may be edited so that not only the addict can enjoy this, but also the family of the addict. Thanks to certain people who are interested in the betterment of The Cleansheet, we are hoping that this editing will not upset anyone. We want your feedback and your pros and cons for a better newsletter for you.

*Thank You - Cleansheet*



VISITING OUT OF TOWN NARCOTICS ANONYMOUS GROUPS

Just recently I went off to a city in the Eastern part of the United States. Needless to say before I went to this city I had checked into the names and some addresses of Narcotics Anonymous groups there.

I had a list of about 5 or 6 people in the area and felt very secure about going out into this city because of that.

I am really unsure of why or how but I got to the city on Wednesday around 4:00 and left the city at Sunday around 3:00. The reason I am saying this is because when I got in I called the Information Line in this city and to date have yet to be called back from it. I left the telephone of the hotel I was staying at with the person who answered the Line.

The second most disturbing thing was that of all the names of people I got I was only able to speak to two of them. All the others were not home or unable to return calls to me. As a stranger to this city and unable to get around with public transportation or car. Things were indeed strange to me and I did feel very lost.

The first night I was able to get to a meeting where I met people who gave me their numbers with regards to getting rides or just talking. When I called these people back they were unable to talk or to call me back. This was baffling to me.

In the short time that I have been in Narcotics Anonymous most of the places I visited, the people were more than nice to me. They went out of their way. They spoke of recovery and worked the program with love and sincerity. These were not just words but actions I saw. I wish people were like that all over.

It saddened me as a visitor to a city that all NA groups were alive with joy for being clean. If a visitor comes your way, please take the time and effort to go out to this person and make him/her feel welcome as a member of Narcotics Anonymous. This also applies to me. With Love of N.A.,

Hoboken Joe

WORD FIND

THE NA WAY

A F E L I T A T U R E Y B C C X  
 C R E A N F Y A D E B Y A D M S  
 O F G D L M P R R B H Y J L K N  
 N G O E R I S E D W P D I S L O  
 V N I L R P R T R L U A Y T Q S  
 E E E V L U R O S N O P S N S N  
 T L G A D P W E D S G B E M C I  
 I O E R S R A S R F O I T T S T  
 C M S W O L L E H J P G I I G I  
 N E G H K N C U R I S L E M N D  
 A R O M Q I O R U T P P K M N D  
 E S T D F T A E R T E R A O T R  
 H B G F X T Y A S V T R T C E T  
 K C O N E D A Y W F S B T I E S  
 N V D A Y B Y D A Y Z G T L M X  
 V T S E C I V R E S A E R A Q U

*Fun  
Corner*

Words

desire	traditions	litature
convention	fellowship	area services
clean	sponser	commitments
ego edges God out	time	one day
day by day	take it easy	newcomers
officers	steps	
retreat	group	

*"Expressions of Menial"*

"I can quit anytime I want to-I really don't want to"

"I'm not all that bad..."

"I'm handling it okay..."

"But, I never did that..."

"Meeting aren't for me"

"I'll quit tomorrow..."

"I'm different from these people, How can they help?"

"One more time..."

# ANNOUNCEMENTS

\* \* \* \* \*  
\* THE IMPOSSIBLE \* \* \*

4th EAST COAST  
CONVENTION  
Bethlehem, PA.  
JUNE 24-26

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\* DREAM ~ SEPT. 1-4

WORLD *{see insert!}*

2ND FLORIDA  
Regional July 1-4  
FOR INFO-FRSCNA  
PO Box 2016  
ST. PETERSBURG, FLA.

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\* CONVENTION

\* World Trade Center  
NYC \* \* \*

Spiritual Retreat  
Aug. 5-7 - Phila.  
For more info -  
John S. 425-3958

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## Anniversaries

- 
- KATHY G. - 2 yrs. JUNE 6
  - SHERYL R. - 2 yrs. JUNE 19
  - Bobby B. - 2 yrs. JUNE 3
- \* \* \* \* \*

# EVENTS

## 12 TRADITIONS OF NA

1. Our common welfare should come first; personal recovery depends on NA unity.
2. For our group purpose there is but one ultimate authority a loving God as He may express himself in our group conscience. Our leaders are but trusted servants, they do not govern.
3. The only requirement for membership is the honest desire to stop using.
4. Each group should be autonomous except in matters affecting other groups or NA as a whole.
5. Each group has but one primary purpose-to carry the message to the addict who still suffers.
6. An NA group ought never endorse, finance, or lend the NA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.
7. Every NA group ought to be fully self-supporting, declining outside contributions.
8. Narcotics Anonymous should remain forever nonprofessional but our service centers may employ special workers
9. NA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Narcotics Anonymous has no opinion on outside issues, hence the NA name ought never be drawn into public controversy.
11. Our public relation policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.
12. Anonymity is the spiritual foundation of all our tradition, ever reminding us to place principals before personalities.

MY HELL IS OVER



BY ME STAYING SOBER