

# CLEANSHEET



The Cleansheet is a function of the NORTHWEST AREA Service committee. The primary purpose is to carry the written message of recovery to addicts seeking recovery, to promote unity and to provide our members with news. The opinions expressed herein are those of individual members of Narcotics Anonymous and Do Not Necessarily represent those of Narcotics Anonymous as a whole. All material becomes the property of the Cleansheet. All material must be original and be accompanied by a permission to be used

*CLEAN SHEET needs the participation of it's readers. Share your experience, strength and hope on any topic related to your recovery or the N.A. program. Send your articles, artwork, comments or suggestions to:*

*CLEAN SHEET  
C/O*

*Northwest Area Service Committee  
Newsletter Committee or Call*

*CHAS. N. (215) 849-2239 email: siquepuppe@hotmail.com*

**VOL. 3, NO. 1**

**2006**

**JANUARY**

\*\*\*\*\* **THOUGHT FOR THE YEAR** \*\*\*\*\*

December 5, 2005

Dear Members:

We, the leadership of your Regional Service Committee (RSC), are sending you this letter to inform you of your region's financial situation. The region is in dire straits. Over the last several years we have seen a dramatic decline in area and group donations, areas have left the region, and the number of members in service continues to shrink. We are faced with several decisions. The first is to move our office to a less expensive location. Our current rent is \$1,800.00 per month shared with the Regional Service Office (RSO). The rent has increased steadily at the rate of \$100.00 per year for the last several years. We can no longer afford it. We are currently in the search for a new property. Any members who can direct us to any suitable properties please contact us at the phone number or email above. The second is the group insurance. Many of you may not be aware that the RSC carries an accident and liability policy on every group in the region. This insurance costs us **approximately \$7000.00 per year**. The RSO currently pays the insurance and the RSC reimburses them every regional weekend. The RSC, due to a lack of funds is currently two payments behind. The RSO is no longer financially able to pay the policy if we are not able to raise the funds for reimbursements. If we cannot raise the funds, we will have to let the insurance lapse. This will put many of our groups' meeting places in jeopardy. Many of the facilities we use require insurance to allow usage of the facility. If they no longer have it they will have to move. This will also impact the groups in facilities who do not require insurance. Over the last couple of years two claims have been filed against the insurance involving one group in the Philadelphia Area and one group in the Inner City Area. Neither of these groups required insurance to meet but other groups who do would have to pay a larger amount for coverage due to our insurance depending on the number of groups we have. So instead of \$50.00 each it would be \$100.00 or more for coverage per group. Also coverage is needed for all groups in case suits are filed against them, so I implore you to think of this as **a necessity and not a luxury**. So we are asking for every group in the Region to pay \$50.00 toward the insurance coverage. If we do not receive these funds as soon as possible, the insurance will lapse. We understand that many of our members will perceive this as we have just mismanaged our funds. That is not the truth. Our revenue just does not match our needs. For instance our phonenumber costs approximately \$9,000.00 per year. Last year the region received only \$6,000.00 in phonenumber donations. Area donations last year were approximately \$4900.00. This was down from \$8000.00 the year before and \$10,000.00 the year before that. In addition, last year we responded to the fellowship's desire to have our convention in the city. The higher costs of the hotels and services in the city decreased the revenues from the convention by over \$7000.00. In the meantime the cost of living has increased. So, please, help us help you. Help us continue to assist the groups in keeping their doors open or from them being forced to move. Help us protect our groups from having to pay property damage that they can not afford. Help us keep the phonenumber on so that we can continue to carry the message to the addict who still suffers. Help us keep the office open so areas are not burdened with the shipping cost of buying directly from world. Help us by donating to the insurance. Help us by hosting fundraisers. Help us by increasing your area donations. Help us by donating to the phonenumber. Lastly, our members can personally help by placing more money in the basket. The idea of placing a dollar in the basket began **seventy years ago** in the other fellowship. When you compare prices those members were placing **\$20.00 in the basket!** So please help us before we can no longer provide the services you have tasked us to provide.

In loving service,  
The Greater Philadelphia Regional Service Committee

## 2005—2006 AREA ELECTION RESULTS

<b>Chairperson:</b>	<b>Stephan M</b>
<b>Co-Chairperson:</b>	<b>Stephanie</b>
<b>Treasurer</b>	<b>Johanna</b>
<b>Co-Treasurer</b>	<b>Greg B.</b>
<b>Secretary</b>	<b>Marlene</b>
<b>Co-Secretary</b>	<b>Jackie</b>
<b>RCM:</b>	<b>Chas. N</b>
<b>Alt RCM:</b>	<b>Rob D.</b>
<b>Policy Chairperson:</b>	<b>Al D.</b>
<b>H &amp; I Chairperson:</b>	<b>J.J.</b>
<b>Unity Chairperson:</b>	<b>Nate</b>
<b>Public Information Chairperson:</b>	<b>Gamel</b>
<b>Phoneline Chairperson</b>	<b>Keith P.</b>
<b>-Newsletter Chairperson</b>	<b>Chas. N</b>
<b>Convention Representative</b>	<b>Reggie</b>

CAR in it's entirety can be found online at [www.na.org](http://www.na.org)

### Motions in: 2006 Conference Agenda Report

#### Regional Motions

**Motion 1:** To direct the World Board to develop a project plan, timeline, and budget for WSC 2008, to create/develop a glossary of recovery terms typically used in Narcotics Anonymous

*Maker: Northern New York Region, page 34*

**Motion 2:** To direct the World Board to create a project plan for the development of a fellowship approved Identity Statement to be presented at WSC 2008.

*Maker: Ohio Region, page 35*

**Motion 3:** To change the time frame for approval form recovery literature from the current minimum of 150 days to a minimum of one year.

*Maker: German Speaking Region, page 36*

**Editors note: ( see car for regional rationale and world board response)**

You will notice that this year's CAR only contains three motions. An Abbreviated Motions List could probably be contained on an index card. We hope that means that you have more time in your groups to give attention to the discussion questions that are listed on the **following page** as well. We have tried to keep the *Conference Agenda Report* at a reasonable length this year, and perhaps that will inspire more people to pay attention to the report as a whole and not just the few motions that it contains.

#### Discussion Questions

##### 'Atmosphere of Recovery'

1. What is working within your group? That is, in what ways is your group carrying the message, rather than the disease?
2. Who, from your local community, is missing from your group, and why do you think they might be missing? (For example, if you live in a racially diverse community do the people attending your meeting reflect that diversity?)
3. What are some things that you can do as an individual to create and maintain the atmosphere of recovery in your home group? (For example, greet someone you don't recognize; make a commitment to listen while each person is sharing and not participate in side conversations; etc.) What can you do when you see things happening that take away from that atmosphere?
4. What are some of the things the group can do? (For example, change the room set-up so that it's more conducive to an atmosphere of recovery; acknowledge newcomers in some way—with phone lists or introductions; etc.)

##### 'Leadership'

5. How do we, as a fellowship, better match people with positions—identify talent and match it to task?
6. What steps can we take to help trusted servants be more successful through mentoring, training, and orientation? (For instance, an incoming trusted servant can work side-by-side with the outgoing member; we can make it a point to give positive encouragement when our trusted servants do a good job, and so on.) How else can we help?
7. How can we instill a sense of personal responsibility, ownership, and stewardship for the roles we take on?
8. What do we mean when we refer to "leadership" in NA? What is the difference between "leaders" and "leadership"?

##### 'Our Public Image'

9. How do I take responsibility for NA's image/reputation? How do service bodies? How can a sense of personal responsibility and ownership develop in me, and how can I help others develop this?
10. How does a negative image/reputation affect our ability to carry the message?
11. What about our image/reputation makes some people feel NA is not appropriate for them? What about our image makes some people feel NA is not where they would refer a client?
12. How can better cooperation among services improve our public image?

##### 'Infrastructure'

13. Is the current structure in your local community best suited to carrying the message? What about the current structure could be better suited to carrying the message?
14. What are we trying to accomplish (what is most needed in your community) and how can we best meet those needs (how is the service structure meeting those needs)? What are the underlying principles involved, and what is the basic minimum structure required?
15. What are we doing for those we serve? If we are an area, what are we doing for our groups? A region, for our areas? A zone, for our regions?
16. What can I do to make service more effective? Why should I be of service?

(Cont. on back page)

## Excerpt from proposed *PUBLIC RELATIONS HANDBOOK*

September 2005 Review & Input Draft  
PR Handbook Chapter 5—Media Page 7  
*Print Projects*

**Newspapers and local magazines** are often a cost effective way to publish a local phonenumber or a list of local meetings. This project can be a simple way for an area to provide the community with information about NA. An area can often publish its meeting schedule in a local newspaper at a relatively low cost (or sometimes at no cost). **Flyers and posters** are another inexpensive way to make NA more visible in the community. A poster campaign includes choosing where to place posters, contacting facilities to request permission to hang posters, and following-up on placed posters. An area may decide to target local hospital emergency rooms or doctor's offices. Ongoing follow up will ensure that phonenumber information and contact information are up-to-date. We want to work with public contacts and always request permission when placing posters or flyers so that our PR efforts make a positive impact on the community rather than a negative one. This type of communication not only attempts to reach addicts in the community, but it fosters a relationship with the public contact that has allowed us to place these posters or flyers. These print projects provide people who think they might have a drug problem with a simple and anonymous way to contact Narcotics Anonymous. **Outside advertising**, such as **billboards, transit signs, and bus benches** are commonly used to inform the public about Narcotics Anonymous. Areas are encouraged to be creative in finding the most appropriate outside advertising locations in their community. Outside advertising (other than billboards and bus benches) are often used in different communities around the world. The following points are important considerations an area may want to discuss before deciding to use any of these print venues:

- Billboards, transit signs, and bus benches can be expensive. What is the cost of placing an announcement? Is the area able to afford this expense? Are these announcements likely to reach the identified group of addicts?
- What will the announcement say? Be sure to spell out Narcotics Anonymous and to mention drugs in general (for example, *Drug Problem? Call Narcotics Anonymous*). Will the announcement clearly and simply communicate information about NA?

Discussing these kinds of topics will help an area thoroughly plan for a large-scale print project. Thoroughly planning print projects can better help an area service committee achieve its intended results. If a member, group, or committee is contacted by a **reporter** for an **article**, there are some approaches that can make these interactions more successful.

- Provide written information about the NA program: create talking points, use NA literature, Informational Pamphlets, or articles from local newsletters or *The NA Way Magazine*.
- Remember that we offer no opinion on outside issues. For example, if a reporter tries to question us about a specific drug we refrain from commenting.
- Have a group of addicts participate rather than one individual member. ◦ Remember that we have no control over how a reporter will depict what we say. These approaches can help areas become more responsive in their interactions with reporters.

**Editor's Note:** *(We chose to include this portion of the PR Handbook because there seems to have been a great deal of misinformation spread throughout our region concerning the use of billboards and transit advertisements in regard to making ourselves know to the public. It is our hope that this information will serve to enlighten the fellowship to ways that we may further carry our message.)*

### **Area Marathon Meeting Rousing Success?**

Was it a success, that's a question we have ask ourselves! Last Saturday the Northwest Area held a speaker marathon at Finley Rec. Center and almost no one showed up. After asking people if they knew about the marathon, it appeared there might have been a lack of information getting out to the fellowship. It definitely wasn't on the regional website events page or made available to the helpline. Also there was another marathon going on in the Frankford section of the city and this may have served as a deterrence to a large turnout. However it might be said that it was a success in the fact that it did happen and somebody did attend and get a message. The Friday night before the marathon, the One Solution Group held a tradition workshop and that too had a low turnout. I heard somewhere that The Traditions were important to our fellowship and that the better we understood them, the better and the stronger our fellowship would be in the long run. Maybe as an area we need to make our desires known with regard to the type of events we want to participate in. Perhaps a more dramatic speaker jam or trips that our sponsored through the unity committee. Group events like sporting or music outings. Trips out of the area or boat rides/ cruises. Whatever the event we want it wont happen unless we let our trusted servant know what we're interested in and whether or not we're willing to support those endeavors. We need to give kudos to our service committees to do what they do with so little resources in the terms of manpower and money, not to mention the lack of thanks given to them for their efforts. I'd love to see a learning day of service and fun. More social gatherings we have as a fellowship the tighter we become as a fellowship and the broader our base becomes. We need to support one another, but more importantly give the newcomer something to do and the sometimers something to hold onto and **exhibit our hopes in action**.

SHEILA B. JAN. 23RD...13 YEARS TRANSITION IN RECOVERY

Greg B. Mar. 17th.....15 years PLEASANT AFTERNOON

Zakia R. Mar. 15th.....20 years

Gamel Mar. 26th.....15 years RECOVERY IN THE MORNING



## A MOMENT IN HISTORY

**May 29, 1976** Denny S. Clean date and still clean today.

**June, 1976** N.A. Inter-group Collegeville.

Pat P. made a motion to Appt. a Com. to go over the N.A. Tree- Passed

Jim H. wants to know if Inter-group wants to order Sobriety Chips when and if they have the money. -Passed. To be taken back to groups.

New Meeting: In West Chester 216 S. Church at the open door. 8:30 Wednesday night

N.A. Tree Jim H. made a motion that the Secretary sends a list of all groups and secretary's names to Calif. Passed. We are not Inter-group we are Area Service Com.

The first page of the 1976 World Directory ask to fill out the group sheet for registration enclosed in each directory. If all loners, groups or GENERAL SERVICE REPRESENTITIVES will notify us between now and November First 1976 then our next directory will be much improved. Literature Committee. World Service Office. Copyright 1976 C.A.R.E.N.A. WORLD SERVICE OFFICE BOX 622 SUN VALLEY, CA.91352 Delegate=Group Service Rep. Alt. Del.= Alt. Group Service Rep. No more Chair- now Secretary. G.S.R. Elections at the group & A.S.C. about in January. The A.S.C. can be made up of three groups. The Tree suggests that we split up.

BUCKS PHILA.

MONTGOMERY

COUNTY

Doyle-South Hampton

Mt. Penn-Lansdale

Rox Manyunk-13th Ruscomb

Sobriety First-Norristown

Primary Purpose

Collegeville-Wyoming

Dunmore-Taylor Gibson

The two A.S.C.'s will meet quarterly and be known as R.S.C. Public Relations WYSP-WMMR-WCAU trying for Joe Spivack Talk shows WCAU T.V. WIBG will be on soon. Noel is making a poster to flash on KYW T.V. WFIL'S call for Action List. New Meeting: in Eagleville starting.

**July 11, 1976** N.A. Area Service Committee Philadelphia 1st Area Service Meeting.

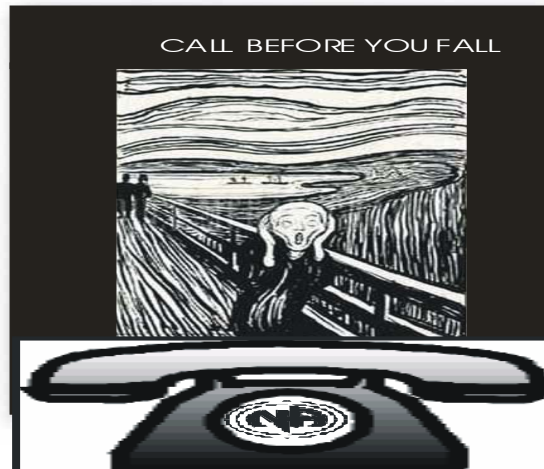
The usual business format was put aside due to the need to elect new officers

Brian T. -Chairperson Stan B. -Co-Chair Ron B. -Secretary Rich-Co-Sec.

Jim H. Said "That the Tree Committee would meet at 1716 Loney St. on July 25 at 6:30

Group Feedback: N.E. Regional doing good (10 people at each meeting)

**August 1, 1976** Philadelphia-Bucks Area Service Committee



IN PHILLY AND SURROUNDING AREAS (215) NA-WORKS

(Cont. from page 2)

### Targeted Literature

17. Does the list below reflect our top needs for targeted literature? What can you think of that should be on this list that is not?

Priority (not necessarily in order)

o youth and recovery

o medication and recovery

Second ranking (not necessarily in order)

o the benefit of service to personal recovery

o the spiritual development of members with longer clean time, and how to

continue to engage them in the fellowship of Narcotics Anonymous

Third ranking (not necessarily in order)

o older members and recovery

o issues regarding gender

### Basic Tools for Groups, Areas, and Regions

18. Does the list below reflect our top priorities for tools to create or revise? What can

you think of that should be on this list that is not?

o Updateable materials that cover group trusted servant roles and responsibilities

and how to carry them out

o Discussion tools for running certain types of meetings

o Simple, interactive tools (with more contemporary packaging) for leaders to use

to increase member understanding and practice of the principles, including the

"why"s and concepts (in both a generic, and a capital "C," sense) of service

o Puzzle of the components of the service structure