



**DISCLAIMER: THE PURPOSE OF THE GREATER PHILADELPHIA REGIONAL CLEANSHEET IS TO PROVIDE A WRITTEN MESSAGE OF RECOVERY AND TO BUILD NA UNITY THROUGH COMMUNICATIONS. THE VIEWS EXPRESSED OR EVEN IMPLIED DO NOT NECESSARILY REPRESENT NA AS A WHOLE OR OUR REGION. THE PUBLICATION OF ANY ARTICLE DOES NOT IMPLY ENDORSEMENT BY NA OR THE GREATER PHILADELPHIA REGION. REPRINT RIGHTS GRANTED TO ALL SERVICE COMMITTEES.**

## *Virtual Meetings the new norm or not?*

Virtual Meetings are not something that has just showed up. The existence of Virtual Meetings has been around for years. In NA since this pandemic, Virtual Meetings have been a resource that was thrust in our direction. Initially there was some resistance by many in the past toward the value of Virtual Meetings, the current state of conditions gave us no alternative. Moving forward there was still some skeptics but many saw the importance of our 1st Tradition and went to their Homegroups to create a virtual presence. The wave of NA meetings showing up on virtual platforms was so huge that World Services sought help from groups and Regions on how they established online NA meetings. Additionally there has been a call for action to have guidelines to assist groups in this new realm. I was one of the reluctant members that did not see a virtual meeting as an authentic NA meeting. There are recovery meetings online that are just that. In NA we are bound by our Traditions. Many by this point have realized that to maintain and sustain our fellowship we need to have online NA meetings. This new phase has seen some groups flourish while other groups that had struggles with physical attendance continue in the struggle with virtual meeting attendance. As we move forward let's all remember that we should take advantage of our online meetings. As NA as a whole develops a stronger virtual presence it is imperative that we start thinking outside of the box. If we do so we will attract newer members and help keep our membership from declining. So what do you think? Are Virtual Meetings the new norm?

### ***In this Issue:***

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RSC Clean-Sheet

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# CleanSheet Anniversaries



## August

- 11 th Hour Group Friday, August 14, 2009 Downtown Area
- 38th And Chestnut Street Group Friday, August 1, 1980 West-Southwest Area
- Alive Again Group Thursday, August 1, 1991 Delco Area
- Changing Lives Group Friday, August 5, 2005 West-Southwest Area
- Miracle on 25th Street Group Friday, August 26, 1988 Inner-City Area
- Principles Before Personalities Group Wednesday, August 1, 2001 Pyramid of Freedom Area
- Shopping for Recovery Group Saturday, August 17, 1996 West-Southwest Area
- Sink or Swim Group Tuesday, August 18, 1998 Greater Camden Area
- Stepping Into Serenity Group Monday, August 1, 2005 Greater Camden Area
- Sunday Night Alive Group Sunday, August 28, 1988 West-Southwest Area
- Transition In Recovery Group Saturday, August 8, 1992 Northwest Area
- Try Living Clean Group Wednesday, August 1, 1973 Delco Area
- Why Are We Here Group Monday, August 13, 1990 West-Southwest Area

## September

- 11th Step Meeting and Then Some Monday, September 11, 2006 West-Southwest Area
- 21st Street Group Saturday, September 9, 1989 South Philly Area
- Armed for Recovery Group Monday, September 27, 1993 Inner-City Area
- Back To Life Group Saturday, September 9, 1989 South Philly Area
- God Has A Plan For Us Group Wednesday, September 19, 2012 South Philly Area
- In the Spirit of Unity Group Monday, September 26, 2005 Greater Camden Area
- Learning to Live Again Group Saturday, September 21, 2002 Philadelphia Area
- Miracle on 34th Street Group Monday, September 6, 2010 West-Southwest Area
- Never Alone Group Monday, September 2, 2002 Delco Area
- Part Of The Healing Process Group Sunday, September 25, 1988 West-Southwest Area
- Recovery at Large Group Thursday, September 1, 1994 Philadelphia Area
- Recovery Is Alive Group Saturday, September 10, 2005 Pyramid of Freedom
- Recovery on B & E Group Monday, September 10, 1990 Inner-City Area

# CleanSheet Anniversaries



September

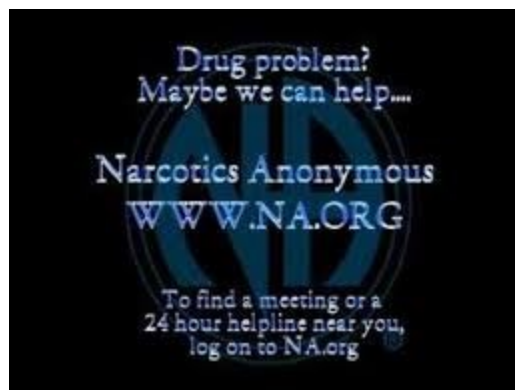
Relapse Is Not A Requirement Group Saturday, September 3, 1988 Inner-City Area

Spirit of Living Group Monday, September 25, 1989 Inner-City Area

Surrender Or Die Group Tuesday, September 29, 1992 Greater Camden Ar

Wallingford Group Saturday, September 25, 2004 Delco Area

Is your Home Group Anniversary coming up? Or did we overlook your group? If so please forward your Group's Anniversary information to [cleansheet@naworks.org](mailto:cleansheet@naworks.org) or forward the information to your RCM's through your Area. Remember the group is the most powerful vehicle in carrying the message. We celebrate all groups and Area's that celebrate their years of service to the fellowship.



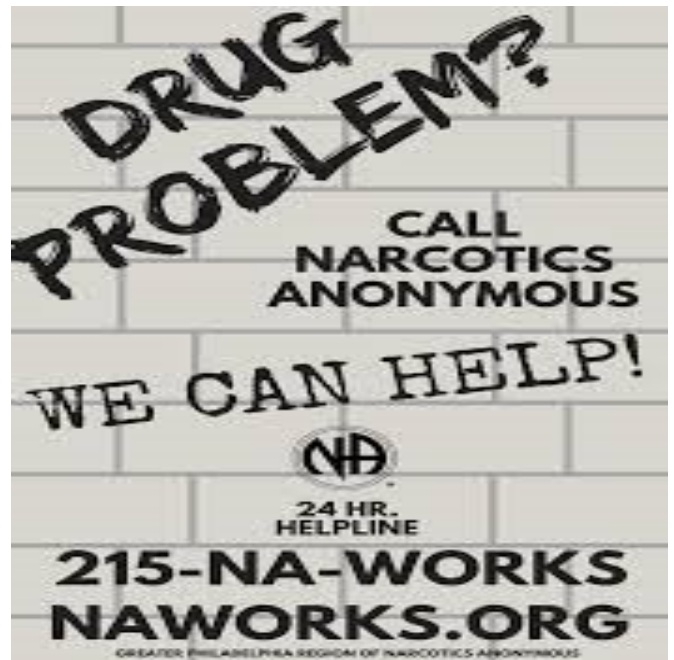
# Word Find

Find these words associated with emails.

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



- |            |         |
|------------|---------|
| ATTACHMENT | MESSAGE |
| BOUNCE     | NEW     |
| DELETE     | REPLY   |
| DRAFTS     | FOLDERS |
| SEARCH     | SEND    |
| FONT       | SENT    |
| FORWARD    | SIZE    |
| INBOX      | TRASH   |
| JUNK       | UNREAD  |
| MAILBOX    | VIEW    |



# NAWS NEWS



## INVEST IN OUR VISION

AN ADDITIONAL EARLY FOCUS FOR US WAS CREATING AN EASIER METHOD FOR MEMBERS TO CONTRIBUTE TO WORLD SERVICES FINANCIALLY. WE CREATED A NEW WEBPAGE WITH A PAYPAL LINK FOR THAT PURPOSE—[WWW.NA.ORG/CONTRIBUTE](http://www.na.org/contribute) OR [WWW.NA.ORG/DONATE](http://www.na.org/donate). OUR ORIGINAL CONTRIBUTIONS PORTAL IS STILL ACTIVE, AND IF YOU WANT YOUR CONTRIBUTION ATTRIBUTED TO A SPECIFIC GROUP OR SERVICE BODY, YOU SHOULD USE THE ORIGINAL PORTAL [HTTPS://WWW.NA.ORG/?ID=DONATIONEXTERNAL-INDEX](https://www.na.org/?ID=DONATIONEXTERNAL-INDEX). REQUESTS FOR SERVICES FROM THE FELLOWSHIP HAD BEEN OUTPACING OUR ABILITY TO FUND THEM ONLY FROM LITERATURE SALES BEFORE THE PANDEMIC BEGAN. WE HAD INCLUDED AN INVEST IN OUR VISION (IIOV) STRATEGY IN OUR PLAN FOR THE UPCOMING CYCLE. THE AIM WAS TO INCREASE AWARENESS AND ENCOURAGE DIALOGUE ABOUT WHAT IS REQUIRED TO PURSUE A VISION FOR NA SERVICE AND THE INCREASED COMMITMENT TO SELF-SUPPORT NEEDED TO ACHIEVE IT. THIS IS ABOUT BOTH THE HUMAN AND FINANCIAL RESOURCES NEEDED AT NA WORLD SERVICES AND SERVICE BODIES AROUND THE WORLD TO MAKE OUR MESSAGE AVAILABLE AND OUR VISION A REALITY, WHICH IS WHY WE HAVE CALLED IT INVEST IN OUR VISION. THE RECENT WORLD CHANGES HAVE SIMPLY SERVED TO HEIGHTEN THAT NEED. THE RESPONSE HAS BEEN AMAZING. THANK YOU SEEMS INADEQUATE TO EXPRESS OUR HEARTFELT GRATITUDE FOR THE EFFORTS OF SO MANY MEMBERS. BY THE BEGINNING OF MAY, WE HAD RECEIVED OVER \$70,000 THROUGH THE NEW CONTRIBUTE PAGE. BEFORE THE SHUT DOWN, WE HAD APPROXIMATELY 50 RECURRING CONTRIBUTIONS FROM MEMBERS, AND THESE RECURRING CONTRIBUTIONS TOTALLED ABOUT \$2,089 PER MONTH. AS OF THE END OF APRIL, THIS HAS INCREASED TO 310 MEMBERS WITH RECURRING CONTRIBUTIONS TOTALING ABOUT \$8,091 PER MONTH. OUR GRATITUDE TO ALL WHO WERE ABLE AND CHOOSE TO CONTRIBUTE AND INVEST IN OUR VISION. TO CONTRIBUTE, SIMPLY PRESS THE NA SYMBOL IN THE HEART, (PICTURED ABOVE). THIS WILL TAKE YOU TO A PAYPAL LINK TO CONTRIBUTE DIRECTLY TO NAWS. YOU CAN CHOOSE THE OPTION OF A ONE-TIME CONTRIBUTION AFTER EACH MEETING AS YOU MAY NORMALLY DO OR SET UP A RECURRING MONTHLY CONTRIBUTION IN THE AMOUNT OF YOUR CLEAN TIME—EITHER A DOLLAR PER YEAR OR A PENNY PER DAY, OR WHATEVER AMOUNT YOU ARE COMFORTABLE AND ABLE TO DO. WE WILL PROVIDE A MORE DETAILED FINANCIAL UPDATE IN OUR NEXT NAWS NEWS.

## NA WORLD SERVICES UPDATE

IN SPITE OF THE REDUCTION IN STAFF AND INCOME, A LOT HAS STILL BEEN HAPPENING ON YOUR BEHALF AT NA WORLD SERVICES. WE HAVE POSTED OVER 50 PIECES OF RECOVERY LITERATURE AND SERVICE MATERIAL IN 16 LANGUAGES, MUCH OF IT NEWLY APPROVED TRANSLATIONS, TO NA.ORG SINCE MARCH 18TH. THIS AMOUNT OF ACTIVITY WOULD BE IMPRESSIVE UNDER ANY CIRCUMSTANCES, BUT ESPECIALLY NOW, GIVEN OUR REDUCED STAFF. WE HAVE ALSO BEEN ABLE TO ADD TRANSLATED EBOOKS AVAILABLE THROUGH COMMERCIAL PORTALS: [WWW.NA.ORG/ELIT](http://www.na.org/elit). WE HAVE ALSO POSTED AUDIO VERSIONS OF THE BASIC TEXT AT [HTTPS://WWW.NA.ORG/?ID=BT-AUD](https://www.na.org/?ID=BT-AUD) IN HUNGARIAN, ARABIC, AND RUSSIAN. ALL ARE AVAILABLE TO STREAM OR DOWNLOAD AT NO COST. WE ARE CURRENTLY WORKING ON SPANISH AND HOPE TO POST BOTH SPANISH AND ENGLISH SOON. WE HAVE PUT A PAUSE ON ALL PAPER PUBLICATIONS, BECAUSE OF BOTH THE COST AND HUMAN RESOURCES NEEDED FOR PAPER MAILINGS. WE WILL CONTINUE TO WORK ON ONLINE PUBLICATIONS, AS WE ARE ABLE. WE ARE BEGINNING TO RESPOND TO MAIL RECEIVED FROM INCARCERATED MEMBERS. THE PROTECTION OF THE NA MESSAGE IS A RESPONSIBILITY ENTRUSTED TO US BY THE FELLOWSHIP THAT WE TAKE SERIOUSLY. THAT RESPONSIBILITY, AND THE RATHER SIGNIFICANT EXPENSES THAT COME WITH IT AROUND THE WORLD, ARE ONGOING, AND WE HAVE TO ENSURE THAT FUNDS CONTINUE TO REMAIN AVAILABLE TO COVER THIS RESPONSIBILITY. IN ADDITION TO REGULAR TRADEMARK REGISTRATIONS, COPYRIGHTS, AND RENEWALS THAT ARE ONGOING RESPONSIBILITIES, WE HAVE ALSO BEEN DRAWN INTO LEGAL CHALLENGES INVOLVING EITHER THE NA NAME OR THE CONTENT OF NA LITERATURE IN RUSSIA AND THE PHILIPPINES. IN ADDITION, WE HAVE A JULY COURT DATE FOR A LEGAL PETITION FILED IN THE US. SINCE THESE ARE ALL CURRENT LEGAL ISSUES, THERE IS NOT A LOT MORE WE CAN SAY AT THIS TIME.



# NA EVENTS



**August 15, 2020 12:00PM –6:00PM**

*24 Year Anniversary Celebration & Marathon*

## **Shopping For Recovery Group of NA**

*Location: (Zoom) Meeting ID 766 424 3849 PW: 214791*

*Join by phone: 1-929-205-6099 PW: 214791*

Virtual doors open at 11:30AM

Regularly scheduled meeting and Anniversary celebration

will start at 2:00PM through 3:50PM

"ALL ARE WELCOME"

**EVENT:** Topic Wheel Marathon (**August 29, 2020 12:00PM-12:00AM**)

**HOST:** **12 Steps to Life Group of NA**

**LOCATION:** *(Zoom) Meeting ID 117 222 343*

**INFO:** Various topics from our literature along with a few popular marathon topics will be on the topic wheel. The wheel will spin each time for the speaker. The speaker will share on the topic that was selected on the wheel.

Virtual doors open at 11:45AM.

The Greater Philadelphia Region (GPR) Outreach Committee is a part of the sub-committee of Hospitals & Institutions (H&I). Outreach invites you to be a part of this 12-Step work. We carry the message to NA members that are sick, shut-in and disabled. We want people to know we're remembering them in our circle! The members say it helps them in their recovery and we believe it helps our recovery too! During these most challenging times it remains important that members are aware of this invaluable service. If you are aware of any member that could utilize this service please contact: [outreach@naworks.org](mailto:outreach@naworks.org)



## ASK THE ADDICT?

*Very simply, an addict is a man or woman whose life is controlled by drugs. We are people in the grip of a continuing and progressive illness whose ends are always the same: jails, institutions, and death. Ask The Addict has been soliciting questions from Addicts answered by Addicts. Send your questions to [asktheadict@gmail.com](mailto:asktheadict@gmail.com).*



Dear Addict:

I am tired of being told by my Sponsor that I'm that I'm not cross addicted and confused. Am I cross addicted?

Confused Newcomer

Dear Confused Newcomer:

In NA we don't care what you used or how much you used. We make no distinction on that because we provide room for all manifestations of the recovering addict. We stress this point to allow addicts regardless of what they used to feel free in our fellowship and this lets members feel like they belong. We also put alcohol on notice because many of us viewed alcohol separately prior to arriving in NA. In NA we are just addicts helping other addicts stay clean. In NA we have a language that we use. So for the purpose of unity in NA you are not cross addicted. We must be mindful of our language used amongst ourselves to not alienate or separate members from our fellowship. Remember the only requirement for membership is a desire to stop using. You can be on many drugs or just one drug and belong in NA based on your desire to stop using alone. We don't provide clinical analysis to people or label people because of our program wanting to provide an atmosphere that welcomes all addicts regardless of age, race, religion, personal beliefs, sex, sexual orientation, medical conditions and even those with a lack of religion. We are diverse group of people who meet regularly to help each other stay clean. The only identification that we are concerned with is that we all identify ourselves as addicts recovering from the disease of addiction.

Dear Addict:

My older brother who is 8 years older than me (I am 25 by the way) keeps telling me that I am too young to get clean. I now have a job that mandates that I stay clean. I feel like I'm disappointing him because he has lost his best get high partner. How do I get him clean so he can experience our new way of life?

Want brother to get clean

Dear Want brother to get clean:

One thing that we learn at different points in our recovery is that no matter what we do we can not make anyone get clean. I remember being prayed over, interventions and being forced to believe that a building could make me well. I accepted that I had a sickness and thankfully I had people who were making daily attempts to get better. When the want to stay clean is strong enough, the how to stay clean will manifest in my life. The how to stay clean did manifest in my life and I joined NA. What you can be at this point is an example in your brother's life. You may be the closest thing of sustained recovery in his life. You may be the closest he gets to a basic text. Stay vigilant with your process and when your brother gets sick and tired of himself, he knows that he can reach out to you for help. It is important that you not be preachy but allow him his process to get better.

## A MATTER OF CONCEPTS

### 8th Concept

"Our service structure depends on the integrity and effectiveness of our communications."

Our fellowship's service structure is founded on the unity of our groups; to maintain that union, we must have regular communications throughout Narcotics Anonymous. Together, our groups have created a service structure to meet their common needs and to help them fulfill their common purpose. The effectiveness of the service structure depends on the continued unity of the NA groups, and on their continued support and direction. These things can only be maintained in an atmosphere of honest, open, and straightforward communication among all parties concerned. Regular communication plays a large part in the fulfillment of our groups' final responsibility and authority for NA services. Through their GSRs, the groups regularly report their strengths, needs, ideas, and conscience to the service structure. Taken together, these group reports give our service boards and committees clear guidance in their efforts to serve NA as a whole. When the groups are regularly given full and accurate information from all elements of the service structure, they become familiar with the structure's normal patterns of activity. The groups are then able to recognize when something goes wrong with one of our service boards and committees, and are in a better position to know how to help correct the problem. And, knowing what kinds of resources are needed to fulfill service tasks, our groups are also more likely to provide the service structure with adequate support. Clear, frequent two-way communication is an important prerequisite for delegation. When our groups ask the service structure to fulfill certain responsibilities on our behalf, we delegate to the structure the authority needed to make decisions related to those responsibilities. We need to be able to trust our trusted servants before we can confidently delegate them that degree of authority. That kind of trust depends in large part on continuing communication. So long as our service boards and committees regularly issue complete, candid reports of their activities, we can be confident that we have delegated our authority wisely. Open and frank communication is a critical ingredient of effective leadership. To better know the ideas, wishes, needs, and conscience of those they serve, trusted servants must listen carefully to their fellowship. To give the NA groups the information they need to guide and support our services, NA leaders regularly distribute full, unequivocal reports. We do not want our trusted servants to constantly inundate us with every fact and figure possible, though we do expect them to provide us with complete information on all their activities and discussions if we ask for it. In communicating with those they serve, trusted servants demonstrate an open attitude, one that is inclusive, inviting, and clearly influence able. Such openness and forthrightness may be uncomfortable, but is essential in maintaining the integrity of our services. Finally, full and frequent communication is essential in the development of group conscience, the spiritual means by which we invite the influence of a loving God in making our collective decisions. To develop group conscience, communications must be honest and direct. Without the full picture, seen from all sides, our groups, service boards, and committees cannot develop an informed group conscience.



When we gather together to consider service issues, we openly share ideas and information with one another, frankly speaking our minds and hearts on the matter at hand. We listen closely to one another, considering carefully the information and insights we've heard; we consult our individual consciences on the matter; then, we make a decision. A conscience fed on ignorance is an ineffective conscience, incapable of providing reliable guidance. An effective conscience can develop only in an atmosphere of regular, open communication among all parties concerned. The purpose of our services is to help our fellowship fulfill its primary purpose: to carry the message to the addict who still suffers. Honest, open, straightforward communication is essential to both the integrity and the effectiveness of the NA service structure. Unity, group responsibility and authority, delegation, leadership, accountability, group conscience, participation—all depend on good communication among the various elements of the NA Fellowship. With regular two-way communication, our groups and our services are well positioned to uphold the ideals and fulfill the responsibilities described in our Twelve Concepts.

### Greater Philadelphia Regional Service Meetings

Regional Service Committee Meets even numbered months from 10:00am-3:00pm

Regional Service Subcommittees Meets 1st Saturday EVERY Month

(Check our Regional Website [naworks.org](http://naworks.org) for times)



Married to NA

by Anonymous in SWA

*There was a time when I lost my mind*

*I thought I would never find.*

*My brain was so fried*

*Yet so quickly I died.*

*NA brought me back to life*

*So Just for today NA is my wife.*



**We want to here from you**

CleanSheet Newsletter Readers: If you would like to see a NA news item, story, etc. in The Regional CleanSheet, please feel free to fill out the release form and submit it to Greater Philadelphia Regional Service Office 150 Monument Rd Suite 207-0026 Bala Cynwyd, PA 19004 Attn: CleanSheet Committee. You may also email us your articles or submissions to [cleansheet@naworks.org](mailto:cleansheet@naworks.org). We are still working on a location in which hand delivery will be available. More information will be available in the next issue.

RELEASE FORM I hereby give the Narcotics Anonymous newsletter, The GPR CleanSheet, their successors, assigns and those acting on their authority permission to publish the attached original article(s), or other written materials pertaining to my personal experiences with or opinions about the N.A. Fellowship or program. I understand that my written material may be edited. I further understand that every effort will be made to ensure my anonymity. I possess full legal capacity to exercise this authority and hereby release The Regional CleanSheet and Narcotics Anonymous Fellowship and its service boards and committees from claim by myself, my successors and/or assigns.

Signature (first name last initial) \_\_\_\_\_

Date \_\_\_/\_\_\_/\_\_\_ \*The GPR CleanSheet is published by the GPR Newsletter Committee.

All articles contained herein are the opinions of N.A. members, and are not necessarily those of N.A. as a whole. -----

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