

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.

We Are Fully Self Supporting or are we?

Most recently there has been some discussion around our Fellowship borrowing money to be able to maintain World Services. Why are we fully self supporting declining outside contributions? We have several reference points in our Fellowship today that clearly defines the role of money in our Fellowship. First and foremost our 7th Tradition states: "Every NA group ought to be fully self-supporting, declining outside contributions." It is very clear that this tradition defines how we as groups maintain our independence on the financial front. To take a futher step back our 6th Tradition states: "An NA group ought never endorse, finance, or lend the NA name to any related facility or outside enterprise, lest problems of money, property, or prestige divert us from our primary purpose." For the purpose of anonymity this example will bear no name. A group member gets approached by Bank A. Bank A understands the nature of what the group does and wants to provide financial assistance. They don't provide a favorable lending solution however. Bank B also gets wind of the group in need of financial assistance. Bank B puts a great offer on the table to counteract Bank A's offer. The offer from Bank B is a lot more feasible in value (Lower interest rate, flexible pay schedule, tax credits etc.) The member brings this info to the group. The group inexperienced in our Traditions goes along with the better offer. This sets up a wave of controversy. Bank B has a commercial that now lists some of thier biggest clients: State Camp A, Radio Station Z, and Narcotics Anonymous appears on the screen. Members of our fellowship are furious. (cont. page 2)

In this Issue:

- Ask the Addict
- NA World News
- Recovery Word Find
- ClesnSheet Anniversaries
- New NA Book (Spiritual Principle A Day) (SPAD)



RSC Clean-Sheet

Editorial Staff

Keith F.

James S.

Review Staff

Mark M.

CleanSheet Anniversaries



DECEMBER:

South Philly Area 28 years Dream is Alive Group of NA (ICA) 29 yrs, A Gift of Surrender Group of NA (ICA) 28 yrs, Center City Group of NA (DA) 46 yrs, Free at Last Group of NA (ICA) 34yrs, Commitment to Recovery Group of NA (POF) 31 yrs, Roxborough Group (SVA) 14yrs Recovery Down the Bottom Group of NA (WSW) 8yrs NA Group of Na Group (DELCO) 16 yrs We'covery in Eddystone Group of NA (DELCO) Message of Hope Group of NA (CA) 12yrs Living Life on Life's Terms Group of NA (SVA) 30 yrs Freedom on 4th Group of NA (DA) 19yrs

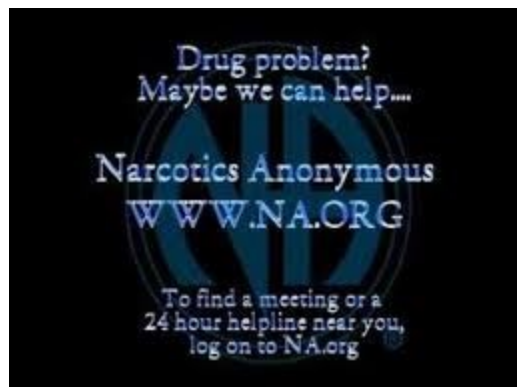
JANUARY:

Another Chance at Life Group of NA (WSW) 28 yrs Changing Lanes Group of NA (ICA) 18 yrs Concepts of Truth Group of NA (SPA) 30 yrs Easy Does it Group of NA (DELCO) 31 yrs Freedom with No Limits Group of NA (SPA) 9 yrs Freedom with No Limits Group of NA (WSW) 12yrs Recovery on the Hill Group of NA (CA) 28yrs Germantown Group of NA (NWA) 47yrs Page 87 Group of NA (DELCO) 8yrs Step Working Guide Group of NA (ICA) 12yrs TIME Group of NA (POF) 31yrs Tough Group of NA (WSW) 32yrs Hanging Tough Group of NA(ICA) 36yrs

Is your Home Group Anniversary coming up? Or did we overlook your group? If so please forward your Group's Anniversary information to rsc.cleansheet@gmail.com 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.

We Are Fully Self Supporting or Are we? (Continued from page 1)

As groups we also have no opinion on outside issues. We emphasize this to not be drawn into public controversy. The reason being is because our Public Relations policy is based on attraction and not promotion. To even go further our 5th Tradition reminds us that our primary purpose is to carry the message to the addict who still suffers. So with all of this does this mean our service structure is exempt from following our Traditions? Our Service structure answers to the groups who have created our service structure. The it works How and Why also further explains: By and large, our groups have found that the simplest, straightest path to full self-support is through the voluntary contributions of their own members. Do we need our members to step up for the service boards we created? Our service structure is in dire need of financial support. We as a worldwide fellowship have the power to change that. We really shouldn't even hear of conversations circling around our fellowship about our service structure needing money. As a direct result of this pandemic that we are in the midst of World Services has made great efforts to trim fat in an effort to save money. However, expenses still occur (Remember we lease World Services buildings) If we want to continue to have World Services it is imperative that we all step up and provide financial support. One thing about NA that cannot be found in any other fellowship except from the fellowship that we were birthed from, is that we don't harp on membership based on financial contributions. Our 3rd tradition reminds each of us there is only one requirement for membership "A desire to stop using". This requirement helps us all understand that first and foremost NA is about saving lives and not lining up individual pockets like greedy mainstream corporations have a tendency to do. If you can not contribute more that's ok. However when we all examine what we already give and make an effort to give more, we can make a difference. As individual members the weight of finance should fall on us to help our service structure. What would NA be without our service structure? Would we be able to maintain as a fellowship? Can we afford to give more during these unyielding set of circumstances facing this world? I'm not financially able to contribute more at this time what can I do? Encourage people that can give to give. A person may not be financially fit during these times to contribute to our service structure in a financial capacity. This should not stop you from giving. Our service structure always needs support from Area to World services. You can give of your time to help our fellowship in this transition period that we will get through. Visit naworks.org and check out the Regional Service information posted. Attend your Area Service and find out what service positions need to be filled. Seek out members in service and find out ways you can help. A helping hand is always welcomed in NA. What if our financial goals are not met to fulfill World Services? Do we surrender? Or do we open up a can of worms with Bank B? One thing we can bank on is that NA has survived through a lot. It is my hope and vision that we as a fellowship will make the correct decisions to keep our fellowship alive and free.



Word Find (Spiritual)

These words are all spiritual principles

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

ACCEPTANCE, ANONYMITY, COMMITMENT, COMPASSION, FAITH, FORGIVENESS, GRATITUDE, HOPE

INTEGRITY, OPEN MINDEDNESS

PATIENCE, SERVICE, SURRENDER. TOLERANCE, UNITY. WILLINGNESS

Sponsorship Day Dec 1



More than A Sponsor

My Sponsor has been more than just a person who continues to guide me through the 12 Steps. My Sponsor has been more than a spiritual advisor. My Sponsor has been a welcomed guide that has shown me how to live in today. My Sponsor has been a vision of the program working. My Sponsor has allowed me to feel a part of a program that is so much bigger than my journey. My Sponsor is always a phone call or a text away. My Sponsor reminds me to stay connected so I stay protected. I have learned to trust my Sponsor with some deep thoughts and even some sick thoughts. I was never judged nor looked at differently because my Sponsor understood that I had a disease just like them. I am grateful for the journey that Sponsorship has allowed me to take. I love my Sponsor for imparting experience, strength and hope. Today I have learned with no drugs I can still cope. In the beginning I thought no man can teach me how to live. I was so wrong because my Sponsor had a lot to give. This program only offers freedom from active addiction but my Sponsor offered freedom from me. I accepted that I had a serious me problem. The compassion, empathy, patience, tolerance drove me to understand that I am not alone on this journey. The late night calls when I was about to fall put things in a clear perspective. Sponsorship is no joke when it comes to my life. I thank God for Sponsorship and their willingness to serve. Sponsors are not just the heartbeat but in my view they are the life line that keeps us all grounded. My Sponsor is more than a Sponsor because the bonus I received was a great friend as well.

A MATTER OF CONCEPTS

1st Concept

To fulfill our fellowship's primary purpose, the NA groups have joined together to create a structure which develops, coordinates, and maintains services on behalf of NA as a whole.

Our fellowship's primary purpose is to carry the message "that an addict, any addict, can stop using drugs, lose the desire to use, and find a new way to live." One of the primary means by which that message is carried, addict to addict, is in our meetings. These recovery meetings, conducted thousands of times each day by NA groups around the world, are the most important service offered by our fellowship. However, while recovery meetings are NA's most important service, they are not the only means we have of fulfilling our fellowship's primary purpose. Other NA services attract the still-suffering addict to our meetings, carry our message to addicts in institutions, make recovery literature available, and provide opportunities for groups to share their experience with one another. No one of these services, by itself, comes close to matching the value of group recovery meetings in carrying our message; each, however, plays its own indispensable part in the overall program devised by the NA Fellowship to fulfill its primary purpose. We can do together what we cannot accomplish separately. This is true in our personal recovery, and is equally true in our services. In new NA communities, groups often perform basic services in addition to their meetings. But fulfillment of the full range of NA services— phonedines, H&I panels, public information work, outreach, and the rest—usually requires more people and more money than a single group can muster on its own. The degree of organization necessary to carry out such responsibilities would divert most groups from carrying the NA message in their meetings. And the lack of coordination among groups delivering various services on their own could result in duplication, confusion, and wasted resources. For these reasons, most groups do not take such responsibilities on themselves. How, then, can NA's groups ensure the fulfillment of these services? They do so by combining their resources, joining together to create a structure which develops, coordinates, and maintains those services for them, leaving the groups free to carry out their own primary responsibility.

Study and discussion questions

1. Does your group hold regular business meetings? 2. Does your group regularly talk about how it can better fulfill its primary purpose? 3. After paying the expenses for literature, refreshments, and meeting-hall rent, does your group have enough money to conduct other services on its own? 4. Can your group perform a variety of organized services like PI work, H&I panels, phonedine management, and literature development while still attending to its recovery meetings? 5. Does your group send a representative to your local area service committee? Do you contribute money to your ASC on a regular basis?

To Cope or Cop

Dealing with stress around anytime can be a challenge. Couple this a seemingly never end pandemic makes matters more complex. Stress mixed with the winter season ahead and a pandemic can complicate things more because the winter months can provide different feelings for the recovering person. The pandemic alone is one monkey on it's own. One thing that can be very dangerous is isolation. Isolation can lead to further damage that we inflict on ourselves. If we say we have a program and that we truly love ourselves, why is isolation even on the table. As recovering addicts we all face adversities differently. We can't help that at all. The thing that we can help is our ability to deal with adversities. Losing my brother and sister on December 24th was beyond devastating. Then a few years later receiving bad medical news on Dec 31st was beyond mind-blowing. I started to hate the month of December. I stopped talking about my feelings and one December I was standing on the Walt Whitman Bridge ready to end my life. I did not want to come to terms that I just might need outside help. As an African-American I have some prejudices with society wanting us to have mental labels. I finally sought outside help and have come to accept that it is ok to seek outside help. Seeking outside help from my perspective also unburdened my Sponsor. My Sponsor always told me that I was never a burden. I felt like I was a burden. Since seeking outside help my relationship with self has improved along with my relationship with others. I was aware that I have a strong support system. I made the choice not to utilize the tools that this program has provided me. When I was able to open up to my support system many confided that they too have sought outside help at some point in their recovery. Again I learned that I wasn't unique and had found many people who dealt with much worse circumstances than myself. Our literature reminds us that we have a WE program and when I stray away from the WE I can easily get caught up in the me. I am grateful for having a program and to be surrounded by so many non judgmental people. I am also glad that by speaking my truth about seeking outside help that I have in turned helped so many in my support system. Today I have been utilizing my coping skills and not my copping skills

Next Issue:



Keeping You In Our Thoughts



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 rsc.cleansheet@gmail.com. We will also accept hand delivery of articles at our Regional Subcommittee Meetings which are held the 1st Saturday of the month from 11:00am to 1:00pm at Roxborough Memorial Hospital 5800 Ridge Avenue Phila, Pa 19128 (Auditorium)

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. -----

----- (Cut here)

GET THE NEWSLETTER ON YOUR PHONE

WWW.NAWORKS.ORG
