

BUCKS COUNTY CLEAN SHEET



SPRING 2013
"SURGERY OF THE SPIRIT."

Guidelines for Submissions Articles to BCCS:

The Guidelines used for BCCS are not personal opinions of members of BCCS subcommittee. To ensure fairness and in the spiritual principles of the program, the BCCS tries to the best of it's ability to employ the same guidelines set forth by the NA Way magazine which was established by the NA World Service Board. The following The following excerpts below regarding editing is taken verbatim from the NA Way Magazine from the NA World website. For additional information visit the website at <http://www.na.org>.

The NA Way Magazine is broad-based recovery and service oriented journal for NA members. One of our roles is featuring updates and information from world services. Our editorial content ranges from personal recovery experiences to opinion pieces of concern to our fellowship as a whole, right through to humor or nostalgia about recovery. While we prefer typewritten documents, we will gladly accept handwritten materials as well.

"Editing: All manuscripts go through a review and editing process. We look for a tone that reflects a spirit of unity and mutual respect. Any article that slanders another NA member will be rejected. Explicit sexual references and all obscene and vulgar language will be deleted from published articles. Articles that are written in a "preachy or teach-y" tone may be edited to read from a more personal one. We make other edits in keeping with NA's understanding of the Twelve Steps and Twelve Traditions, using standard NA language such as "clean," "recovery," and "addict." Implied endorsements of outside enterprises are deleted, as are any other references that may be perceived as being in conflict with NA's spiritual principles. Authors' names are printed using the first name and last initial, unless the author asks to be identified as "Anonymous." Opinion pieces that challenge prevailing interpretations of the Twelve Traditions are welcome, and in those cases, some of the editorial guidelines noted above may be relaxed.

In addition, submissions are copyedited to ensure ease of comprehension and adherence to the rules of English grammar, i.e., we will review and revise sentence structure, spelling, punctuation, etc. Editorial staff may also substitute different words for clarification, but content and the author's intentions are retained in the copyediting process. We do our very best to maintain the tone and voice of the author. We prefer definite, specific, concrete language and orthodox spelling. The reference books we most use are current editions of Webster's Collegiate Dictionary, The Chicago Manual of Style, Fowler's Modern English Usage, and The Handbook of Good English.

("-<http://www.na.org/?ID=naway-submissionguides> (NA World Guidelines)

Editor Notes is one suggestion...

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STEPS 4 & 5

I remember my fourth step started out about everyone else... examples are my mother, father, step-father, teachers, POLICE, ex-girlfriends.. excreta... excreta. Then my view turned. It became what part did I play, instead of blaming everyone else. Things were revealed. The patterns and lies came to light. In some ways it became a ridiculous sitcom. I was the star.

Searching and searching for relief from myself. I was digging deeper and deeper into my own personal hell of physical, emotional, financial, and what I know now as SPIRITUAL BANKRUPTCY.

My life was a mess. No one to blame but myself. The principles, morals, and beliefs I had were now nonexistent by the end. The realization that no job, girl, apartment, car, amount of money, friend, new town or drug was gonna fix what was wrong.

The fourth step was searching and fearlessly thorough. I've seen the good and seen the bad. That started the idea what had to go and what was worth keeping. Then I moved onto a fifth step.

I moved into a fifth step, which I admitted to God, Myself and another Human Being, altogether at the same time my inventory. The other human being was my sponsor in N.A. This 4th step inventory took six months, by which I outlined 40 some years of my life. My fifth step was done in segments, due to the attention span of my sponsor and myself. Segmented is how I hear my sponsee's fifth steps to this day. Anyway I admitted these things to myself, my sponsor and god. These admissions made me aware and my sponsor pointed out these patterns, ideals and the excreta.

I was made aware of all the things that kept me stuck in

my life. He understood, related and shared stories of identification. I let go of life long resentments and he assured me, I was on the right path.

All the time I was in the care of my higher power.

My sponsor pointed out my defects and shortcomings that ran my life. He gave me hope that they could be diminished through the process of recovery.

I told him things, I believed I would take to the grave. Instances that I could go to jail for, but I had 100% trust in him. I trusted him because we built a relationship in steps one through four. Also because I had regular contact with building that trust in early recovery. I knew I could trust him. He would take these things with him to the grave and... he did. God rest his soul, he died clean. I will never forget him. I try to follow his example by how I live my life today. I dedicate my life to the newcomer.

Twenty hours the fifth step took. We did it about ten sittings. We got to exact nature of my wrongs and I was left with a list of defects of my character. I gained a sense of relief, ability to look people in the eye yet again and allowing myself not to live in shame anymore. I felt human. Now today I heard a half of dozen 5th steps of others, I realize how similar we all are and how blessed I am to be trusted in this process of hearing a fifth step.

GOD, N.A. and the steps saved my life. I'm far from perfect but now I know my purpose in life is to help others. I try to do this to the best of my ability.

-Johnny G.

STEP 6

"We were entirely ready to have God remove all these defects of character."

My experience with step six is it took over a year of working on it on a regular basis to fathom a willingness for the necessary "personality change" that is implied in the basic text. I was and am rebellious to the core of the principles to live in N.A. way of life. I slammed myself against this program every step of the journey towards freedom because my denial of the disease was insidious.

The spiritual principles I gained a fraction of, in the previous five steps was exemplified by my behavior. These behavior's underlying thoughts and feelings, I justified and rationalized are my character defects. The most glaring are people pleasing, laziness and procrastination. All stemmed from my upbringing and my reaction to the world around me.

Bottom line I wanted to feel good all the time because of how much I felt shame and guilt of living. I had a delusion I was harming myself and the world, the society I lived. I would watch burn and I would laugh at the destruction. I was a wounded animal just trying to survive.

Step six is where as my sponsor says "Stop the reasons why I used." My chronic relapsing would be arrested if I did hard work aka the "labor." The cliché "when the pain gets great enough you will be willing to change" was repeated by my friends who have lived this step resonates through my mind.

****Persistent effort kills rebellion.****

I moved on to step seven in my path continuing freedom from active addiction.

- Jen Addict

3RD WORLD LITERATURE CONFERENCE NA MEMPHIS

(CONTINUATION FROM LAST ISSUE)

PART 3 OF 3

During Group Conscious it was decided that it was time to start fixing mistakes during the review process. If we saw a spelling mistake or a word missing we were to make the correction. Up to this point we didn't correct punctuations or misspellings because the word, sentence, or paragraph might be edited out of our book. We needed to do our best. This book was for all addicts who want help. We were working for the benefit of untold millions.

There was a discussion on the conference floor about some of us wanting to take copies of the entire book back to their home areas and groups. Group Conscious decided it was not good for our egos. We would wait as patiently as all the other addicts in the world. I was then asked to read part of the completed version of Chapter One. It was beautiful. Everybody felt the spirit in the reading. The strong presence of a Higher Power was felt by all of us. It was a very emotional experience for us. It was obvious that this miracle of our book would soon be a reality.

We had a banquet on the last day of the conference. It was great to just have a little break. We all dreamed of a different Narcotics Anonymous. We talked about having a book that could reach a still suffering addict and give them hope that they were not alone and addicts can recover. We would talk of the hope for growth in our own areas. We would share with each other what NA was like in our home areas. I found out some areas only had a couple of NA meetings each week and some areas not only had a meeting every night but some nights you would actually have a choice on which meeting to go to. The Philadelphia Area which the Bucks County Area was still a part of at this time, was one of those rapidly growing areas where we were just beginning to have a choice. We talked about being able to hand a newcomer a book to read about NA recovery and about having open book meetings.

After the Banquet there was an announcement in Group Conscious that the 4th WLCNA (that's another story) would be

held in Venice, California on May 1, 1981 - May 3, 1981. It was actually held on April 26, 1981 - April 29, 1981. We talked about the Style Sheet again. There was also a discussion about profanity in our book. Group Conscious decided that common sense would be used during editing regarding profanity. Bo read a mailgram from Jimmy k. in the Group Conscious thanking us for our service. Eight of the ten chapters were ready for approval. Chapters seven and ten needed a little more editing. The progress of the story section was discussed. We talked about the introduction in our book. We talked about thanking AA and Bill W. in the introduction to our book. In the middle of the discussion Terica raised her hand. Bo called on her. Terica asked who the F*** is Bill W. and why do we need to thank him? A roar of laughter and applause took over Group Conscious for several minutes. It was quickly explained to her and she then understood why we were discussing it. It was also pointed out that she was an example on NA recovery. She didn't know who Bill W. was because she never had to go to any other fellowships for recovery except NA. Very few of us at the conference had experienced that. She was a glimpse of NA's future. In Philadelphia and Bucks County area and other areas around the country NA was becoming strong enough that addicts only needed to go to one fellowship for their recovery.

The conference came to a close with the almost all the work on the chapters being completed. Bo wanted to have the books printed and shipped by the end of February, 1981. I could comprehend all the work that we did. I didn't understand how much work the printing process was going to be. I also couldn't project in my mind what the "NA Big Book" was going to look like. (That's another story)

As we were preparing to leave. I was asked by Tom M from Atlanta if I could give him a ride home from the conference. How could I say no. Atlanta had an NA clubhouse. We had never seen one before. So Terica, Ted, Tom, and myself left the conference heading home by way of Atlanta. We were going to see The Rising Sun Clubhouse before we came home.

THE GREYBOOK

We just left the (1/31/1981 - 2/8/1981) 3rd World Literature Conference of Narcotics Anonymous (3rd WLCNA) in Memphis, Tennessee. We were driving to Marietta, Georgia to drop off Tom M. at his house. In the car with me was Terica W. from Bucks County, Pa.; Ted S. from Philadelphia, Pa.; and Tom M. from Marietta, Ga. We were riding on an exhaustive NA spiritual wave. Nine consecutive days of long hours working on the "NA Big Book", some days with little or no sleep. There was a strong spiritual presence on the conference floor. We felt an urgency! We believed the "NA Big Book" would help save many addicts lives who were seeking recovery in NA in 1981. We also believed that it would help save the lives of addicts that would be seeking recover that hadn't picked up for their first time yet, and even for future addicts that would be seeking recovery that have yet to be born.

When Tom asked me if I could give him a ride home from the 3rd WLCNA in Memphis to his house in Atlanta. I was not very willing at first. It would add another day to our trip. I then remembered Marietta has an NA clubhouse called The Rising Sun! An NA clubhouse! Wow! How could we pass a up a chance to see it? Driving to Atlanta the car was filled with gratitude. We witnessed and participated in the process of writing the "NA Big Book" and now we are going to see the only NA clubhouse on the East Coast!

We made it to Marietta and met some of the local NA members. We took a nap and a shower at a members house. We then went to the NA Clubhouse called the Rising Sun for a meeting. I can't describe the awe we felt. It was like NA nirvana! We met more of the NA locals. In the past ten days we had visited local NA members in Nashville and Memphis and now Atlanta. It was the same everywhere we went. We had a strong bond with every local NA members in all the NA communities we visited. It felt like we were meeting friends we haven't seen in a very long time that we knew very well, except we were really meeting them for the very first time.

After the meeting we talked about NA in each of our areas. They wanted to know about NA in our area. What were the meetings like? How big are the meetings? How long are they? How many meeting are there? We discussed how cool it was to have a choice in what NA meeting we wanted to attend on any particle

night in both of our areas. That was only possible in well established NA communities. A fairly new phenomena on the East Coast. We were very grateful to live in an established NA area. After the meeting we hit the road. It was time to leave this magical world of 24/7 NA. Seeing the NA clubhouse in Marietta planted a seed for our area Philadelphia/Bucks County to one day have an NA clubhouse.

When we got home. We shared with our local NA members everything that went on. That a book was being assembled and soon we should and spoke at some of the meetings at the convention. We had an active Public Relations (PI Committee now) that produced posters to hang in store fronts (1980), had a radio public service announcement during the 6th game of the World Series in Philadelphia on October 21, 1980, and had 2 addicts on a television show (Marty Jacobs Show channel 48) about drug addiction and NA on 12/29/1980, and. We were starting an NA Newsletter called the Clean Sheet 2/28/1981. We were hosting the 2nd East Coast Convention on June 26, 1981. We were doing fundraisers and working on the convention committee. Some members had formed a clubhouse committee in Bucks County and were forming a corporation and raising funds for our own NA Clubhouse October?, 1981. We were in the process of forming the Mid-Atlantic Region of NA and we sent 2 representatives to the World Service Conference on May 1, 1981. As you can see NA was on fire!

We were all working hard to help NA be there for any addict seeking recovery. We hoped and prayed for our "NA Big Book". On February 27, 1981 Bo called to tell me the books were shipped. I later received a notice that there was a package at the bus terminal in Philadelphia. I signed for the two boxes. I could barely carry the boxes because of how heavy they were. I couldn't wait anymore. I cut the box open and there was a giant grey colored book (8.5 x 11 est.) with plastic spiral binders and big black letters that read "Narcotics Anonymous". I picked the top book up and held it to the sky. I was muttering something like "Thank You God! Thank You! Thank You!" Tears were streaming down my face. I was overwhelmed with feelings. I was extremely grateful that we now had a tool to help newcomers stay clean. I understood that this was the 1st time a Narcotics Anonymous book was in the City of Philadelphia. I was grateful to be a selfless servant in NA service.

There was a letter inside the box. I was instructed to give one book to every group in the Philadelphia Area. Ted, Terica, and I were given a book because we were conference participants. The books were not for distribution and were for group input and review only. I felt an urgency to get the books into each groups hands as quickly as possible. I didn't wait until area service to hand out the books. I couldn't wait. I immediately started to distribute the books to the groups as quickly as I could. I thought maybe it could start helping addicts recover today.

The excitement in our area was crazy. Many groups started reading the Grey Book in their meeting. The step groups immediately starting reading the NA steps out of the Grey Book in their meetings. Within two weeks I heard people quoting from the Grey Book in our meetings. The Grey Book even had a page for the correct NA terminology versus AA terminology. Everyone had their favorite line , page, paragraph, or chapter that really moved them.

At this time in NA history there was the Little White Book and a few pamphlets. In our area there were times when we had experienced literature shortages. I had used a copy machine at our local library several times to copy pamphlets so we would have something to hand out at our meeting. Our area's experience of not having a book to now having one was beyond our wildest dreams. Most of us felt like this was the real deal. It was good enough. Why can't we just copy and redistribute this now? Everybody wanted a copy. We were so grateful to have any book that we were temporarily blinded to the reality that this book was a work in progress and we had more work to do.

Our area was changing. We had many well functioning sub-committees. We had meetings every night and some nights more than one. We now had a Narcotics Anonymous book (Grey Book). We had contact with other areas and regions. We all were getting sponsors and working the steps. Many sayings from other NA communities were making its way into our meetings like "Work the steps or die mother f---er" (unknown area), "As addicts we don't get into relationships we take hostages" (California), and "C'est la vie mother f---er" (New Orleans). We were beginning to identify as addicts and we were clean. All newcomers were identifying themselves as addicts not addicts and alcoholics and were clean not sober. They all got sponsors right away. The Style Sheet in the Grey Book sped up that transition. For some of the old timers (over 2 years) it was a little more difficult. Some welcomed

the changes. Almost all of us had used the terminology sober and sobriety for years. The Grey Book spelled out that NA terminology was "addict" and "clean" and it spelled out that "sober" and "sobriety" was not our terminology. Since there wasn't any official NA terminology before the Grey Book, all the NA old timers used the various terminology in NA meetings for years. It was common to hear someone introduce themselves as junkies, hopeless dope fiends, dually addicted, heroin addict, speed freak, cross addicted, and addict and alcoholic (also known later as "andas"). Addicts in our area were proud to have our own NA language. Our language in meetings seemed to change overnight. Some NA old timers felt pushed and were reluctant to change their language. Most old timers welcomed the change. As typical addicts we can struggle with changes. Not all of the old timers changed gracefully.

The Grey Book was the dawning of a new Narcotics Anonymous! The Narcotics Anonymous that we have today!

This is the last page of the Grey Book.

IV.

STYLE SHEET FOR COMPOSITION REVIEW

<u>Use the word/phrases:</u>	<u>In reference to (instead of):</u>
CLEAN	Condition of abstinence from drugs (Sober)
CLEAN TIME	Sobriety
ADDICT/ADDICTION	Identity as people powerless over chemicals (Drug Addict, Alcoholic, Drug Dependent, Drug Abuser, Dope Fiend)
USING	Operating, Practicing
STOP	Quit (i.e., I didn't quit, I stopped using drugs)
ME/US/OUR	Those, These, They (in reference to experience with addiction/recovery)
THEY/THEIR	He/She/His/His/Her (remove gender)
USEFUL	Normal
WORKING THE STEPS	Taking steps
LIVING A DAY AT A TIME/LIVE TODAY/JUST FOR TODAY	One day at a time
TAKE IT EASY	Easy does it
IT WON'T LAST	This too shall pass
PRIORITIES	First things first
ACHIEVE ADEQUACY NOT PERFECTION	Strive for progress rather than perfection

EMERGENCY

THE TWELVE STEPS OF NARCOTICS ANONYMOUS

1. WE ADMITTED THAT 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 MADE A DECISION TO TURN 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 EXACT 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 WHEREVER 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 TO PRACTICE THESE PRINCIPLES IN ALL OUR AFFAIRS.