



# The Cleansheet

Dallas Area Newsletter, July 2006

Email us letters/comments: [cleansheet@dallasareana.org](mailto:cleansheet@dallasareana.org)

Helpline: 1-888-NAWORKS or 972-699-9306

## THIS MONTH'S TOPIC: HOPE

### *TRAPPED RESULTS*

I'm trapped inside this place,  
I feel like a disgrace  
Inside these walls  
The rise and falls  
And every day's a race  
Until the end  
When I can feel  
Like I belong somewhere  
In here it's a constant struggle  
Does anyone even care?  
I did the crime  
I do the time  
I'd love to see results  
Wouldn't it be something  
If this extracted all my faults  
My Mom and Dad they were so sad  
When I was taken away  
I hope I learn my lesson  
So, they don't lose me for good someday  
I realize now what I was losing  
When my whole life was all about using  
I made mistakes  
The price it takes  
When every days to get high  
I thought it made me happy  
But it barely got me by  
I love being clean  
I'm thinking clearly now  
I don't know how to make it right  
But they're here to showing me how

Written in rehab by  
*Austin G., Town East*

# IT'S YOUR BIRTHDAY!!!

## COURAGE TO CHANGE

Logan 9 months  
Cristhoper T 9 months  
Johnny V. 1 years  
Noel S. 1 years  
Wanda 2 years

## DUNCANVILLE

Angela 9 months  
Tedra 9 months  
Carl C. 9 months  
Brenda S 2 years  
Ken N 3 years  
April M 5 years  
Jack L. 7 years  
Carl B. 12 years  
Kevin N. 14 years  
Ricky M. 19 years

## GROVE

Billy O. 1 years  
Janice H. 18 months  
Bobby N. 8 years  
Vicki 8 years  
Trish C. 12 years  
Pam M. 16 years

## IRVING

### APRIL

Vannessa 30 days  
Dianna 30 days  
Debra 60 days  
Colin 60 days  
A.B.S. 90 days  
Jessica 90 days  
Evel 90 days

Darlene 6 months  
Dominick S. 6 months  
Darla W. 6 months  
Carla M. 6 months  
Meredith 9 months  
Lisa S. 1 years  
Kim K. 1 years  
Yancey 1 years  
Brian 18 months  
Claire E. 18 months  
Victor R. 18 months  
Masi S. 3 years  
Laura V. 3 years  
Gary S. 4 years  
Patricia 5 years  
Tim B. 19 years

## IRVING

### MAY:

Sandy 30 days  
Sara 30 days  
Robert 30 days  
Jeff 30 days  
Anicka P. 30 days  
Lisa 30 days  
Teresa C. 30 days  
Jeremy B. 30 days  
Sunshine 30 days  
Angie 30 days  
Vanessa A 60 days  
Dianna M. 60 days  
Chaz 60 days  
Carolyn B. 90 days  
Debra 90 days  
Bana 6 months  
Ramma 6 months  
Renee M. 6 months

Carla M. 6 months  
Julie J. 18 months  
Ron S. 18 months  
Beverly J. 2 years  
Jana T 2 years  
Duane Y. 3 years  
Mindy M. 4 years  
Mike B. 5 years  
Sammy B. 6 years  
Tim H. 10 years  
Ken L. 20 years

## RECOVERY GROUP

Willie W. 7 years

## WORK STEPS AND LIVE

Larry B. 30 days  
Frank A. 30 days  
Chris G. 60 days  
Marilyn M. 60 days  
Amy P. 90 days  
Troy D. 90 days  
Jackie M. 90 days  
Beheka K. 90 days  
Bob N 2 years  
Joe S. 6 years

## CENTRAL GROUP

Elaine C. 11 years

## TOWN EAST GROUP

Judy G. 30 days  
Kenny C. 30 days  
Deanna W. 60 days  
Pat K. 60 days

Debra M. 60 days  
Nick K. 60 days  
Amber B. 60 days  
Mike S. 60 days  
Sheila C. 90 days  
Marcus Y. 90 days  
Carrie 90 days  
Chad B. 90 days  
Joe C. 9 months  
Frank J. 9 months  
Chelsea G. 9 months  
Mary R. 9 months  
Tim H. 18 months  
Chris L. 18 months  
Douglas C. 18 months  
Skyla L. 18 months  
Sharie D. 18 months  
Valerie 1 year  
Lisa 1 year  
Daryl G. 1 year  
Sharon W. 1 year  
John G. 2 years  
Patty W. 2 years  
Quade J. 2 years  
Gloria M. 3 years  
Donna T. 3 years  
Little Bit 7 years  
Rusty M. 10 years  
Sherry M. 12 years  
Ginger B. 15 years

If your groups birthdays were excluded and you would like to get them printed here please get with your GSR and ask him/ her to turn in your groups birthdays at the next area service meeting.

The Cleansheet would love to recognize your birthday too. Send it to us [cleansheet@dallasarea.org](mailto:cleansheet@dallasarea.org).

## WRITINGS FROM THE FRONTLINE

### OUR HOPE

Before I came to Narcotics Anonymous, I was without the ability to live another way. Hopelessness is life in active addiction. I was hopeless, useless, and lost. As an addict, I experienced the pain, loneliness, and despair of addiction. Life equaled hopelessness. Any hope on getting better had disappeared, years before I found NA. Helplessness, emptiness, and fear became a way of life. I was a complete failure. I just wanted a new way to live.

At the meeting there were people not using. A group of people not using gave me hope. Meetings are a process of hope. There was Gwen and Alvin, always exhibiting a countenance of hope. When I saw one of them, I was filled with a feeling that what I wanted could happen. There were people at the home group doing what they were there to do, participating in their own recovery while supporting, encouraging, and paying attention to me. Sadie, Dorothy, Pam, Ken, and Cool Al, allowing me to tag along, they exposed me to our message: hope and freedom from active addiction. Sharing their time, their rides, and their experiences with me, gave me hope that it does get better.

Looking back, I can see that because of my spiritual condition, hope had to come from outside of me, from others, from the people God placed along my path. Still today, eleven years later, people sharing their recovery are a source on faith, strength and hope. I'm learning in the rooms of Narcotics Anonymous. I'm learning through working the steps that my personal relationship with God is my greatest source strength and courage and faith and hope.

I understand today that I had to receive hope from others, from outside of me. My spirit was void of anything other than finding ways and means to use. I believe that's the main reason for the people we meet along the way. Henry was there insisting that I could recover. He continues to be a faithful source of hope.

Today, there's Roland, Aaron, Reggy, John, Tracy and Bond and the work we do together that keeps active the hope generating process. I have hope in the life I'm living. I strive to be responsible in my relationships. Doing so is a hope generator. I participate in hope inspiring events and hope producing activities. I seek hopefulness.

Step work has taught me that my hope is receiving guidance in asking for knowledge of God's will for me. The program has taught me that when problems arise, my hope is to be well equipped with the tools of the program. I understand that to mean, having the principles of the program a fundamental part of who I am.

Hope will change the way you look. Hope will change the way you walk. When I was hopeless, I walked like I was hopeless. If you are new to Narcotics Anonymous, make meetings, make meetings, and make meetings. Narcotics Anonymous' greatest source of hope is at the meeting. You seeing me will give you hope, just try it. I'll be at the meeting.

*Alex G.,  
Grove Group*

### A NEW HOPE

In the days of my active addiction the only hope I knew sounded like this; "I hope that the police don't decide to pull me over today", or "I sure hope that guy comes back with my money..."

*Hope*

*n.*

*1. A wish or desire accompanied by confident expectation of its fulfillment.*

Narcotics Anonymous and its members have given me a new hope. I know that so long as I keep doing the right thing for the right reasons, I will grow in recovery and continue to improve. My belief in the type of hope that NA has taught me is reflected in every aspect of my life as I grow spiritually and continue to move forward in this beautiful journey of recovery and self discovery. My new hope helps me to deal with life on life's terms because I know "this too shall pass"! When I am discontent with any situation I try to reflect on my new found hope and patiently await either a change in the situation or a change in my level of acceptance. All in all life in recovery is good. My worst day clean is far better than my best day using. I know that so long as I don't add drugs to my life's equation and continue to work the steps I will become a much better person. As I meet me for the first time in my life I am beginning to understand what it is to love one's self and that is awesome.

*Thank you Narcotics Anonymous for my new hope.  
Dave M.  
Town East Group*

## HOPE

To reflect upon hope today, I have to look at the state of hopelessness when I got here. Isolation, fear, and self degradation had become a way of life. What made it worse was that it was all self inflicted. Before active addiction self sufficiency was for me a mark of manhood but, at the end of the road it was proven a lie. All higher emotional thought, ambitions, dreams and opportunities were lost. All the things that I was once associated with - be it career, family, friends – if they had not been lost, they did not have my interest. Those things had been traded in for just one more.

At the first meeting, I knew this is where I belong. There were all kinds of folks there- professionals, blue collar, some had done time in institutions and some had not. The bottom line is they identified themselves as addicts and were not using. There were various clean times from 1 day to double digit years. They did a lot the same things that I had but found a way to live without using drugs. I saw a glimmer of hope for the first time that I never have to use again. I won't say it was easy because I was still full of denial and did not understand the disease of addiction, but at least the seed had been planted and they encouraged me to keep coming back.

I now have 3 years and 8 months clean – not that I am counting each day like at the beginning, but I can say hope keeps me coming back. I had no idea of the benefits that this program offers. I don't have the desire to use today. I go to meetings, utilize a sponsor, do service work, work the steps and try to live by the steps. Narcotics Anonymous has shown me how self sufficiency is a lie especially in recovery. I didn't have a clue about intimate relationships, applying spiritual principles and certainly not allowing myself to become vulnerable to another human being.

NA has taught me that a problem can not be addressed unless it is discovered and accepted. This program is not just about discovering problems but is about solutions & how we can help. It is about turning a defect into an asset and a crisis into a new opportunity. I am not the epitome of spirituality but y'all have taught me about living a spiritual life and have given me purpose in life and there is a lot of freedom in that. I have good days and bad days but y'all taught me that I don't have to use no matter what.

*Charles A. Work Steps and Live*

**Before sending anything in to us at the cleansheet please read and understand the following disclaimer.**

**By submitting your entry you are saying that you understand that, if selected for publication, your material will be edited in keeping with NA's understanding of the Twelve Steps and Twelve Traditions. Submissions will be copyedited to ensure ease of comprehension and adherence to the rules of English grammar. In addition, editorial staff may also substitute different words and/or revise sentence structure for clarification. You further understand that this material may possibly be retitled and/or reprinted in other NA Fellowship journals.**

**We at the cleansheet look forward to hearing from you.**

**THE TOPIC FOR THE AUGUST EDITION OF THE CLEANSHEET IS  
SERVICE**

## **WHAT'S GOING IN THE DALLAS AREA!!!!!!**

### **Upcoming Dallas Area Service Conferences**

August and September  
Irving Group  
1<sup>st</sup> Sunday of the Month  
Get involved!!!!

### **Upcoming Events**

**July 8, 2006**

Work the Steps and Live III Anniversary

**July 29, 2006**

Town East IX Anniversary

**August 19, 2006**

Central Group Speaker Jam and Car Wash

### **Area Committee Meetings**

Helpline Committee Meeting  
July 23<sup>rd</sup>, August 27<sup>th</sup> @ 10:30 a.m. @ Stonewall  
Literature Review Committee Meeting  
July 15<sup>th</sup>, August 19<sup>th</sup> @ 1:15 p.m. @ Grove  
Cleansheet Committee Meeting July 23 1:30pm @ Central Group

### **Lone Star Regional Service Conference**

**July 15-16, 2006**

Just for Today  
2805 Lee St  
Greenville, TX  
Coinciding Speaker Jam, Fellowship, Food, Fun  
Experience the attractiveness of Service

### **WCNA 32 Volunteer Meeting**

**July 22, 2006 @ 1:00pm**

Marriott River Center  
101 Bowie ST, San Antonio, TX  
Salon J  
Visit [dallasareana.org](http://dallasareana.org)  
Visit [Isrna.org](http://Isrna.org)

## POETRY CORNER

### "A PAIN TOO DEEP"

The final goodbyes,  
Said with the slam of a door  
And footsteps on the down staircase

Ice cold chills rushing through your veins  
Rushing to protect your heart  
Only to find it too late  
For your eyes have already seen  
Yours with another than you

A pain too deep  
Deep enough to sever  
The heart

Pink slips in hand  
Several Blacks and a Mexican  
Jostlin, and jokin' about needin' a rest  
Deep inside knowing the rent aint paid yet

Tiny needles being inserted into my tiny veins,  
To stop the shakes, quakes, and screams  
Of a baby born a junkie

Bangings, Bashings, Beatings,  
The Black mans way of getting his point across

A Pain Too Deep  
Deep enough to sever  
The Soul

Several shots fired  
Sirens heard from afar  
Next,  
The Sound,  
Feet against pavement  
Then the anguished cries of a mother  
Who claims the body.

First the judgement,  
Fifty to Life, Then the gavel, Then the cuffs,  
Then the cries from the family and it's over  
And wouldn't you know it another Black man  
And 17 at that

A Pain Too Deep  
Deep enough to sever  
The Mind  
A Pain Too Deep  
Living in a world with a severed heart, Soul and Mind

*Carla D.*

### "Lonely House"

I know of a lonely house  
That sits just off the road.  
And not too many people go there  
Just drifters to ease the load.  
But they leave like the wind  
In a hurry to depart.  
And it saddens the lonely house  
And almost breaks it's heart.  
Now you think "A house with a heart"  
I've never heard such a story told.  
But I know, for you see  
I'm that lonely house that sits  
Just off the road

*Stephen A. Town East*

### "Still Watching"

The sounds of the city are such a pity  
As the red lights go passing by.  
Across an unpaved street a heart stops its beat,  
Hear the lonely girl begin to cry.  
She lays and cries over her one time man.  
Removes the needle from his frozen hand,  
Wipes the blood from his pale thin arm, and softly says,  
"Don't be alarmed, I'm still watching over you."

Outside the alley they begin to rally,  
To watch the young man carried away.  
She walks by his side her face she hides  
For they were one just yesterday.  
And one friend comes to comfort  
The girl who has lost her man to a white powder world  
His grave she visits beneath the shadowy trees,  
She softly softly whispers as she begins to leave,  
"Don't worry, I'm still watching over you."

*Stephen A Town East*

## Ask Austin

### This months question; "What do you look for in a sponsor?"

"Are they living by spiritual principles? What kind of experience do they have? How are they living?"

*Bryan M. Northside*

"Someone I believe walks his talk, has character outside of the rooms."

*Timothy P. Central*

"Involvement in the program of NA. Are they happy, working the steps, and going to meetings?"

*Jon P. Central*

"My sponsor is very dedicated to the program. She believes in service and that is what caught my eye. She carried the message to the jail. I know in my heart I can trust her and call on her anytime. She believes in working the steps!"

*Laura C. Town East*

"A recovering addict who applies the 12 steps in her (their) life and is reasonably happy, and helps carry the message!"

*Carrie B. Town East*

"I look for someone who is working the steps, someone who has the values that I want in my life today!"

*Amy S. Waxahachie*

"I look for someone with substantial cleantime, who appears to be enjoying their recovery!"

*Bryan Town East*

"Someone who's open and spiritual, puts God first!!!"

*Ricky S. Central*

"Someone who is relatively happy and is willing to extend themselves to help another addict!"

*Jack T. Town East*

"Someone involved in service, attends meeting on a regular basis. Has a working knowledge of the steps and is willing to help the still suffering addict!"

*Chelsea G. Town East*

*The Cleansheet needs your support. Please take a minute of your time to share your experience, strength, and hope. Email submissions to The Cleansheet at [cleansheet@dallasareana.org](mailto:cleansheet@dallasareana.org) by July 21st*