



**THE CLEANSHEET**  
**Dallas Area Newsletter**  
**October 2006**

Email us letters/comments: [cleansheet@dallasareana.org](mailto:cleansheet@dallasareana.org)  
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**THIS MONTH'S TOPIC: UNITY**

*"There are many ways of doing things in Narcotics Anonymous.  
And just as all of us have our own individual personalities,  
so will your group develop its own identity,  
its own way of doing things,  
and its own special knack for carrying the NA message.  
That's the way it should be. In NA we encourage unity, not uniformity."*

The Group Booklet, p. 1

*"No one can revoke our membership or make us do anything that we do not choose to do.  
We follow this way of life by example rather than direction. We share our experience and learn from each other.  
In our addiction, we consistently placed our personal desires before anything else. In Narcotics Anonymous we  
find that what is best for the group is usually good for us"*

Basic Text, p. 59

*"Unity of action and purpose makes possible what seemed impossible for us—recovery"*

Basic Text, p. 65

*"We are united in a way that was once impossible for the addict...!"*

Basic Text, p. 188

# IT'S YOUR BIRTHDAY!!!

## CENTRAL GROUP

Milton 30 days  
 Charles 30 days  
 Angie G. 60 days  
 Greg 60 days  
 Sandra K. 6 months  
 James H. 9 months  
 Lora 1 year  
 Cynthia F. 2 years  
 Sherry R. 2 years  
 Melissa J. 4 years  
 Kevin S. 4 years  
 Kerwin C. 5 years  
 David W. 7 years  
 Sharon Mc. 11 years  
 Harold W. 11 years  
 Don L. 13 years  
 JoAnn P. 13 years  
 Allen M. 15 years  
 Jimmy P. 17 years

## CARROLTON/ FARMERS BRANCH

Daniel 90 days  
 Brittney J. 6 months  
 Jennie S. 1 year  
 Jason W. 1 year  
 David R. 6 years

## COURAGE TO CHANGE

Monica 9 months  
 Logan 1 year  
 Chris T. 1 year  
 Yolanda 1 year

## DUNCANVILLE

Tedra 90 days  
 Martha 1 year  
 Valerie 3 years

## EASTSIDE

Jauna 1 year  
 Farrah 2 years  
 Bob 2 years  
 Pat 12 years  
 Stephanie 14 years

## STONEWALL

Tedra 90 days  
 Don M. 1 year  
 Chris S. 1 year  
 Jimmy T. 1 year  
 Steve F. 1 year  
 Amy S. 1 year  
 Tammy D. 18 months  
 Al F. 18 months  
 Kylie 18 months  
 Jeanne 2 years  
 Rafael 2 years  
 Sharon 2 years  
 Telsa 3 years  
 Keith 9 years  
 Fletcher H. 9 years  
 Bobby W. 12 years  
 JoAnn P. 13 years  
 Mike A. 14 years

## TOWN EAST GROUP

Stephanie 30 days

Matthew 30 days  
 Allie R. 30 days  
 Mara B. 30 days  
 Meriah A. 30 days  
 Megan 60 days  
 Tiffany B. 90 days  
 Kenny 90 days  
 Dawn 90 days  
 Melody 6 months  
 Tami 9 months  
 Sabrina 9 months  
 Walt 9 months  
 Amy J. 1 year  
 Amy S. 1 year  
 Shawna 18 months  
 Kyle 18 months  
 Dylan 18 months  
 Steve S. 2 years  
 Sonia 2 years  
 Steve A. 2 years  
 Ernesto 3 years  
 Jack T. 11 years  
 Woody 17 years

## WAXAHACHIE

Bonnie J. 30 days  
 Ted P. 30 days  
 Moriah M. 30 days  
 Lori F. 30 days  
 Crystal 60 days  
 Chris C. 60 days  
 Darryl W. 60 days  
 Billy M. 90 days  
 Dillon M. 90 days  
 Perry E. 90 days  
 Melissa 90 days

Gena 90 days  
 Geneva P. 6 months  
 Thonny S. 6 months  
 Desiree 6 months  
 Chris H. 6 months  
 Janet 6 months  
 Rashelle 6 months  
 William 6 months  
 Will 9 months  
 Amy S. 1 year  
 Darrin 1 year  
 Sonia T. 2 years  
 Ray F. 18 years

## WORK STEPS AND LIVE

Bobby 30 days  
 Ed P. 30 days  
 Tiffany W. 90 days  
 Nathan R. 90 days  
 Sana 9 months  
 Monica 9 months  
 Nathan C. 1 year  
 Rick 2 years  
 Becky B. 3 years  
 Ruben N. 8 years  
 Ray F. 18 years

## WYLIE

Scott 6 months  
 Brenda 18 months

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 Dallas 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

### UNITY THROUGH MY EYES

Tradition One States that *"Our Common Welfare should come first that personal recovery depends on NA Unity"* Narcotics Anonymous is a diverse group of people but through the process of recovery WE become unified with a common goal. This in my opinion is where our strength lies. *"An addict alone is in bad company!"*

I was an isolator in my addiction, the only people in my life were people I placed there because they had something I needed. My self-esteem was so damaged I had a hard time looking up from the floor! I was sure that no one wanted anything to do with me. I believed I was socially retarded so when I got back to NA my main goal was to get to the point where I felt comfortable and believed that people really wanted me around. I heard things like "keep coming back", "we will love you until you can love yourself", "welcome", etc... but my addiction told me you guys were full of shit and that if you knew how I felt inside there was no way you really wanted me around or could possibly love me. I knew this was a lie manufactured by my addiction to keep me high.

This is where the unity of the group kept me coming back. I saw people from all walks of life getting together and having fun doing things like bowling, softball, and picnics. I saw people really enjoying their recovery and I wanted a part of that. My self esteem issue wasn't created over night and I knew it couldn't be resolved over night. Our literature says that addiction is cunning and baffling. I've been in and out of the rooms for 20+ years and the thing that lead me back out was that I listened to that little voice I've now identified as my addiction and believed it when IT told me I didn't belong, that these people are not like me, I don't need this, etc. I trust the process of recovery I've found here and believe that so long as I keep coming back that little voice can eventually be silenced or at least turned down to a whisper. This is one of the reasons WE say "Keep coming back"! I must keep coming back until I have an understanding of my disease sufficient enough to decipher that little voice as my addiction.

The unity I've found in Narcotics Anonymous has given me the willingness to keep coming around until I feel better about my self and can believe you when you say you love me!

*Dave M. Town East Narcotics Anonymous*

### TO ALL THIS MATTERS TO; WE ALL MATTER!

I was listening at a meeting to one of our brothers sharing, he spoke of hearing some rumors about his group. It seemed to deeply affect him. I could see it in his action. It made me think how this fellowship would be if we where to lose are many homes to recover in, I feel my brothers sadness. Our Traditions protect us from internal and external forces that could destroy us. Thank N.A. for our first tradition and the eleven to follow...

Unity Is our first tradition this is written by our predecessors, *Our common welfare should come first; personal recovery depends on NA unity.* We are grouped together by our common welfare, recovery. Even with all our differences, we all have the same primary purpose, to carry the message to the still suffering addict. The Narcotics Anonymous program teaches us that you can stop using and find a new way to live. If some how this tradition is tampered with many addicts may die. As a recovering addict I need the Fellowship of N.A. and the unity that I feel when entering these walls that have become a safe-haven for my survival! Thank you for letting me share.

*Dawn M. addict*

## UNITY

Unity... I had never been "a part of" I was always "apart from" and sometimes I still feel that way. I am one of those addicts that enjoys diversity and individualism, which both happen to be defining terms for unity. The unity that I have found in the rooms of Narcotics Anonymous gives me great comfort. I know I can walk into any meeting anywhere and the traditions and steps will be the same. I feel I can have faith in the program of Narcotics Anonymous because of the consistency I have personally found in every meeting I have attended.

The most important part of the unity in the program I have experienced is the honest desire to help other addicts who are willing to try the clean way of life, with no strings attached. Never in my life had I seen anything like it. I remember when I first moved to Plano from BFE, Texas, and one of the first people I had met at Just Plano NA was a man with 11 or 12 years clean who wasn't an addict like me... he hadn't been homeless, been an IV user, or abandoned his children in search of a fix, so I could not figure out what he was doing there.

Being very new to recovery, I was in search of a sponsor and he offered to take me to the Tuesday 6pm womens' meeting at Northside. Aha! I had it figured out, he was in NA to meet women! Imagine how busted up my ego was when as he dropped me off, instead of trying something, he told me to keep coming back, don't use, and that was that. It was incomprehensible to me at that time that anyone, especially a man, would be genuinely interested in my welfare, but the reality was right there in front of me. I have been hooked on hope since. He had seen something in me I wasn't able or willing to see.

More than a year later I find myself admiring that friend and his patience with me and, as I came to see, several newcomers. Everybody has something to bring to this program, that's where the diversity comes in. The "more seasoned" members, the newcomer who is really struggling, and every single person in between.

Now this is something that has taken awhile to sink in and take hold, but I am a part of, too. I had to stop judging other people in the rooms by their experiences, stop thinking of myself as the worst person in the room, and realize that while I might have taken it further or not as far as some, I earned my chair, just like you. We stay clean, one day at a time, and our We is strong.

*Teal McD. Just Plano*

## A CALL TO SERVICE:

Many times, recovering addicts "behind the walls", have no idea how to stay clean on the outside. Where do they go? Who do they talk to? They need support from other recovering addicts on the outside because, without it, it's very likely that when they do get out, they will go back to what they've known - old places, people and things.

"The therapeutic value of one addict helping another is without parallel."

You can't keep what you have unless you give it away, so reach out to another addict.

Become a pen pal to someone in prison.

Receiving mail is the highlight of an inmate's day and by sharing your experience, strength, and hope, you are letting them know that they matter to someone.

If you would like to become a pen pal the only requirements are 6 months clean time, women pen pals needed, women write to women, men write to men. This is all done using an anonymous mail service, no one will have your address.

Contact Sara 214.642.4756 for more information

## What does Unity mean to you?

"Everybody coming together for a common cause!"

*Donna F. Central Group*

"Being a part of the we, no longer being a self seeker. Making the effort to learn about what NA is and what it has to offer

*Becky Work The Steps and Live*

"Unity is our being of one accord. Our being committed to the same interest!"

*Alex G. Grove Group*

"Being a [part of NA and learning how to give back what I've been freely given. Not just at area but at my home group. I do this by opening the doors and giving a newcomer a hug!"

*Abe B. Work The Steps and Live*

"Everybody working together to get a common goal accomplished!"

*Anika C. Central Group*

"ONE VISION!"

*Jarrett P. Central Group*

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 NOVEMBER EDITION OF THE CLEANSHEET IS  
FREEDOM FROM ACTIVE ADDICTION**

When I think of unity, it brings a smile to my face. It is such a big part of my life today. Before I got clean, I knew nothing of unity. I really only knew just the opposite, always feeling alone in life, an outcast, never a part of anything always feeling like I was different. I had no personal relationships with anyone, not even my family. Any friends I had were my using buddies who at the time I thought were great, but in reality it was really just every man for himself. I can still remember very clearly while in active addiction sometimes how lonely I felt, I mean painful like just wanting to cry lonely. Today, 8 ½ years later my life has been completely transformed. Today, my whole life revolves around my unity with the NA fellowship and my NA program. The first time I really felt the power of unity in the fellowship was in my first year of recovery. I went to a NA convention and it just blew me away. To tell you the truth, I was very nervous and scared at first, but after I started to loosen up it was amazing. I could not believe it. All these people were clean. By the end of weekend, I was wore out from all the fun I had. When I went to my usual NA meeting that following Monday, I really knew that I was a part of something so great and powerful and felt so proud to be a member of NA. The love and care I feel in the rooms, I can not even put on paper. You have to be a member a feel it for yourself it is awesome. The unity of NA has truly saved my life that is why when I think of unity it brings a smile to my face.

*Roger A. Northside*

My experiences with unity in recovery have been very strange ones! For me, it started in my first few weeks at Cornell Corrections. I had to get voted into a so called family of 89 other guys in my same situation. We had all gotten in some kind of trouble, and somebody decided we needed to help. I'm not going to say that all experiences in those early days were healthy. But some had their moments when we were brand new in this process and learning how to trust and believe in each other enough to bond together with our stories, good, and bad. I'm not sayin that I've never been a part of anything together with others that had any good purpose, or that I've never felt like I belonged to a group. This is the first time I hade done if in my adult life without drugs being involved in some way. So, I did end up getting close with most of my brothers on the unit and remember feeling like they understood me, in the way I thought and felt. Also, I remember picking them apart, and setting myself apart from them in my own mind. Things were very confusing that way in the beginning for me. I seem to always find the contradiction in myself and others. We had this sort of saying which I'm sure none of us came up with on our own. That is "We are all liars, cheats, and thieves...but we are all around good guys." Just to give that as one the contradictory experiences in my newly found path of discovery. After my time in Cornell, I moved into an Oxford house in north Dallas with four of my brothers from Unit C at Cornell. Life was very simple. Stay clean, go to meetings, work, and report to probation. We had a great time in the Oxford house. Together we helped each other out with life on life terms. I ended up staying for about eight months. In that time, I had many new lessons. We had a strong core of guys in that house who were living the program and then there were those who did not have a clue. I swear this disease has never ceased to amaze me. I saw my roommates fall off and found that extremely hard to go through even though it wasn't me who relapsed. In away it was sad, but it was also very necessary to strengthen my conviction about wanting to stay clean. Out of Oxford, I got married, and became a part of a new family, two boys age 5 and 7, a wife, a dog, and a house with a mortgage! Wow, now I thought I was really living, so I thought; well I don't want to spread any kind of mess on any of you, but the marriage did not end up working out. Six years of being with this recovering woman had some more great learning experiences, and some emotional highs and lows. Currently, I'm divorcing and I have never felt unity like this before. My people in NA have overflowed the love to me in so many ways. I'm so proud of being a part of the process that it's actually hard to process that it's actually hard to express my gratitude in words. I love belonging to NA

*Jeffrey P. Northside*

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

## **Upcoming Dallas Area Service Conferences**

October and November  
Carrolton Group 1<sup>st</sup> Sunday of the Month Get involved!!!!

## **Upcoming Events**

### **H&I Subcommittee Meetings**

Learning Day  
October 15th @ 1pm Town East  
November 19th @ 2pm Irving Group

## **Dallas Area 27th Anniversary**

Fanning the Flame of Desire  
Grove Group  
October 28th

## **Central Group**

Speaker Jam  
"Sponsorship The Heartbeat of the Program"  
October 21st noon until ???

## **Area Committee Meetings**

Cleansheet Committee Meeting October 29<sup>th</sup> 1:30pm @ Town East Group

## **Lone Star Regional Convention XXII**

### **Never Alone Never Again**

**April 5-8 2007**

Holiday Inn Select  
5701 S. Broadway  
Tyler, TX

## **Outreach Committee FLOOD PARTY**

Stonewall Group  
October 10th and 24th at 7:30

## FROM AROUND THE WORLD

After twenty years of active addiction, and having so many unsuccessful tries to stop using, I finally got to know NA in Iran about nine years ago. In those days, there were only twenty members, and only one group with three meetings in Iran. I kept going to the meetings, but it took me two more years to get clean. I always promised myself that, if I could get clean, I would do my best to serve NA in any way I could.

The miracle happened. I got clean and started service in NA, but in my own way. My way was to be self-centered and make everyone listen to me and do what I told them to do. I wanted to be the boss. All this self-centeredness, arrogance, and resentment affected our unity. It caused some members to relapse, and some newcomers didn't stay. And it caused our community and our government to be skeptical of NA.

After a long conflict that affected our NA community very badly, thank God we came to our senses and decided to try to learn how to be of real service. We contacted NA World Services, and then we started to learn how to work as a group. We began translating NA literature, and we learned to practice the spiritual principle of unity. The farther we got away from our personalities and character defects, the more we grew.

Now, after five or six years, as a result of our unity, we have about 2,400 groups all over Iran, with more than 29,000 members. Every day we receive more newcomers, and our nation has accepted us as a part of an international fellowship that can be respected. We have grown so much that NA World Services has now opened a production and distribution center in Iran.

I personally think the NA program works all over the world, and no borders can stop it. For example, two of us were going to join you at this gathering, but we were stopped due to geographical and political boundaries. But these limitations could not stop us from having a spiritual connection, because we are members of one family, and I really believe in "one fellowship, many friends."

I hope someday I can visit NA World Services and other meetings. The Iranian NA community is young and needs you all to help us keep growing and making the NA message of recovery available to more suffering addicts.

*Mahmoud C, Tehran, Iran  
NA WAY Magazine Jan. 06*

### Identity statement

After being in a treatment center for two and one-half months, I was taken to an NA meeting. I had learned that I was addicted to many substances, so I found it important to introduce myself, "Hi, I'm Toby, and I am an addict to all substances that alter my mind." After about a month, a veteran member approached me at the end of a meeting and asked me in a very loving manner why I made that distinction. He then went on to explain that "we" are all addicts. And that's when I said to myself, "Ah-ha, it's not about me; it's about us."

*Toby G, Malaga, Spain  
NA WAY Magazine Jan. 06*

*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 October 27th for the November Edition*

*If you don't have access to email and would like to submit an article call Dave M. @ 214.717.8260*