



THE CLEANSHEET

Dallas Area Newsletter

December 2006

Email us letters/comments: cleansheet@dallasareana.org
Helpline: 1-888-NAWORKS or 972-699-9306

Dave M. Newsletter Chair 214.717.8260 david.mundt@gmail.com

We cannot change the nature of the addict or

Addiction. We can help change the old lie

"Once an addict, always an addict," by striving

To make recovery more available. God, help us to remember. God, help us

To remember this difference.

Basic Text Pg. XIV

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 by November 24th 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

IT'S YOUR BIRTHDAY!!!

CENTRAL GROUP

Lisa 30 days
Milton 30 days
Greg R. 30 days
Jason 30 days
Charles P. 60 days
Doris G. 60 days
Steve 60 days
Frances 90 days
Rayannette 90 days
Lonnie H. 90 days
Carolyn P. 90 days
Louis 6 months
Karen R. 6 months
Elita 9 months
Pat S. 5 years
Donald W. 6 years
Lucinda W. 6 years
Katheleen 7 years
Thomas 12 years
Bambi L. 13 years

CARROLTON/ FARMERS BRANCH

Morgan C. 30 days
Theresa H. 30 days
Neil H. 60 days
Colin J. 60 days
Adam R. 90 days
Stacy A. 6 months
Sharon S. 6 months
Brittany J. 9 months
Gary 1 year
Russel N. 1 year
Mandy S. 1 year
Stan K. 21 years

COURAGE TO CHANGE

Kim P. 90 days
Robert 1 year

GROVE GROUP

Shannon F. 30 days
Donna B. 90 days
Jerry M. 1 year
Randall M. 18 months
Lori H. 2 years
Pam T. 2 years
Billie Jean 2 years
Janice H. 2 years
Tanel B. 5 years
Albert W. 5 years
Janel B. 6 years
Ozella B. 7 years
Edward F. 7 years
Angie K. 9 years
Pauline H. 12 years
Alvin L. 18 years

IRVING GROUP

Amy T. 30 days
Amy N. 30 days
Scott C. 30 days
Christie 30 days
Robbie P. 30 days
Karma J. 30 days
Kim S. 30 days
Brennen B. 60 days
Ashley G. 60 days
Justin G. 60 days
Rayanne 90 days
Deanna F. 90 days
Laurie C. 90 days
Amanda E. 90 days
Paul S. 90 days
Arnold 6 months
Shirley J. 6 months
Lisa L. 6 months
Leih C. 1 year
Francis 18 months
Yancy G. 18 months
Victor 2 years
Claire 2 years
Bill P. 2 years
Gary H. 3 years

Sarah L. 5 years
Rick J. 6 years
Dave A. 7 years
Kim N. 12 years
Rick C. 20 years

LAST HOUSE ON THE BLOCK

Laura T. 5 years
Mike S. 13 years
Lisa W. 16 years

Mc KINNEY

Amber B. 1 year

NORTHSIDE

Dawn 30 days
Debra 30 days
Linda 30 days
Sabra 30 days
Leigh Ann W. 60 days
Leslie E. 90 days
Marion 90 days
Mary V. 90 days
Janet J. 6 months
Wendy 6 months
Dawn G. 6 months
Brandon B. 9 months
Lonnie J. 1 year
Angela C. 18 months
Caitriona Q. 18 months
Henry C. 18 months
Sandra L. 18 months
Gina H. 2 years
Tom C. 3 years
Joe R. 4 years
Phil C. 6 years
Ivory 8 years
John B. 11 years
Amy M. 23 years

WAXAHACHIE

Ted P. 30 days
Julie C. 60 days
Kim Z. 60 days
Tara 60 days
Eddie 60 days
Jason B. 60 days
Teri T. 90 days
Moriah M. 90 days
Gena W. 6 months
Johnny S. 9 months
Phillip W. 1 year
John S. 1 year
Bob G. 2 years

WORK STEPS AND LIVE

Cassie P. 30 days
Rebecca F. 60 days
Ben H. 60 days
Chris P. 60 days
James W. 1 year
Marty C. 4 years
Charles A. 4 years
Lorenzo P. 5 years
Susan B. 15 years
Gary S. 21 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 Dallas Area service meeting.

The Cleansheet would love to recognize your birthday too. Send it to us cleansheet@dallasarea.org.

WRITINGS FROM THE FRONTLINE

Medicine for the Addict

One day Coyote was walking in the forest and realized that he very very hungry. His stomach growled and he knew he needed something very badly to fill the emptiness within. After a while he came across the scent of a rabbit. Coyote knew by the scent that the rabbit was very close. He came across a small path and so he headed down the path since the scent seemed to lead in that direction anyway. After a small while Coyote came across a huge big boulder blocking the path.

Coyote frowned in the direction of the boulder, because he knew that the rabbit was just on the other side of the boulder. He had come too far now, Coyote thought. So looking at the big boulder very intensely, he thought, "I am sure I can still continue down this path..." So with unholy enthusiasm, Coyote leaped forward and BAM! Right into the boulder he went... After he came to, Coyote wondered what had happened; he was certainly confused! Oh well, thought Coyote, it doesn't matter, I still have to go down this path and... BAM! right into the boulder again he went...

Unfortunately Coyote was an extremely stubborn individual, and wiping the blood out of his eyes with his paws, he thought "Surely I can go down this path this time!" And of course, once again...BAM!

Meanwhile, on the other side of the boulder, Rabbit sat and serenely munched on a carrot. He watched the spectacle on the other side of the boulder with rather dumbfounded amazement... BAM! Hmm, Rabbit thought, Coyote must surely be insane. And indeed Rabbit was quite right. BAM! By this time, Coyote was not able to get up again to make another go at it...he was indeed very broken, bleeding, and generally rather mangled. He laid there in much pain. But oddly he did not even think of the pain. All he could think of was how hungry he still was and how he still really wanted to get to the Rabbit to fill the emptiness within him. Fortunately Rabbit was not without compassion, so he quietly hopped over to Coyote and looked at him. "I suppose you are here to laugh at me," Coyote said to Rabbit.

Rabbit sadly shook his head, "No, Coyote, not at all. But I must tell you that if you do not stop, you will surely die!"

Coyote blinked stupidly and asked, "Really, do you think so, Rabbit? I mean, I only want to get past this boulder, and..."

Rabbit loudly sighed interrupting him, "Coyote, you must surrender or you will only make yourself hurt worse, I promise you. You must accept that the boulder is there. The boulder will always be there. That will never change. And ramming yourself into a big rock will only hurt you very badly. The inevitable conclusion will be death, Coyote."

Coyote blinked repeatedly as this truth began to sink in. Coyote's stomach rumbled very loudly. "But, Rabbit," Coyote pleaded, "if I do not get around this boulder the hunger, the emptiness within me will surely kill me anyways...What am I to do?" Rabbit grinned serenely and simply pointed his paw. Coyote lifted his head even though it pained him to do so, and looked to where Rabbit was pointing. With great shock, Coyote realized that there was another small path that branched off the main path right before it reached the boulder. "That is the path of Great Spirit." Rabbit said, "That is the only path that will safely lead you around the boulder..." Rabbit smiled at Coyote, "Besides, I know for a fact at that there are many many good things to eat on that path...you will have no hunger or emptiness inside following the path of the Great Spirit." Hope shone on Coyote's face, "Really?" "Really," Rabbit replied.

Coyote wondered how he never seen that path before during all of this. "I feel very foolish and stupid that I never saw this before and here I am just slamming myself against a huge stone boulder..." Coyote felt much shame and guilt about it. "Don't feel bad, Coyote," Rabbit said. "It is not your fault that you did not know better." "But now I do!" Coyote said. "But now you do," Rabbit said smiling. "Well now, it is time for me to go," Rabbit said, "so farewell Coyote. Good luck!" And Rabbit quietly hopped away into the forest. With some pain and a lot of effort, Coyote got on all fours again and looked at the path which was just waiting to be traveled down. He was a little scared, because he had the strong feeling that it was going to be a long journey. Coyote remembered something he had heard once, something about all journeys starting with something...

Coyote took the first step.

Seth A. Freedom by Choice Group Milwaukee Wisconsin

Choices and Choosing

Choices and choosing , make the wrong choice it's my life I'll be losing . When I hit that shit the only thing I'll be making a choice about is another hit. Never using my choices to try and quit, but today I refuse to take that hit. Shit, today I choose to make the choice to be clean and serene. Willing to do the work , you know what I mean, processing each day through all the hurt and pain . I do the step work to get rid of the pain of years of shame. Choosing to do the twelve step work, so won't become that jerk, I was when I chose to do the drugs, that caused me to become the thug, that I needed to be, when the obsession I started overwhelmed me. I made the choice to do 90 in 90, I'm glad I did, now I have thirty behind me , I feel pretty good, like ya'll said I would. I made it through that, "dirty thirty", clean and serene, beginning to feel I'm worthy of God's good grace. Not ashamed to be around family , not afraid to show my face. Now I'm ready and wanting another thirty day hit of that clean living shit. No disrespect meant ,but for real, for real , I may not say it's proper, but you know the deal. Living today, Just for today living life on life's terms, the NA way, being guided through the steps my sponsor's way, he helps me stay on track everyday ,something he suggested and I chose to comply, because today I choose to live and not die. This morning I rose and quickly dropped to my knees and prayed to my higher power, to help me stay clean, today, and to thank him for giving me the right to choose. So the choice is still mine and I choose to win and not lose. Wanting to want it , but not wanting it ain't gonna work. You have to put something in to get something out, hell, that's called putting in to work. Making the choice to do the step work , making the meetings and helping to clean up. If I keep choosing that way I won't need that quick fix. By choosing today to follow the twelve step way and I pray everyday to stay that way, now that's the real hit, no shit. Choices and choosing is the way of life and following the NA way helps keep my choices right. So, let's make the right choices and stay clean today, remember, you make the wrong choice and you dread today, make that choice and the group will pray, that you make it back someday. See you at a meeting somewhere one day, hope you make that choice today. For real! AT my home group when we close we pray " Higher Power take my will and my life, guide me in my recovery, show me how to live today, clean. And we get to that point by making a decision and dig, that's a choice too. For real, for real. Peace.

Shaheed R. Central Group

Freedom from Active Addiction

Freedom from active addiction means much more to me than just absence from drug use. It is also freedom from my self- imposed prison my emotions kept me in. Like the fear I felt about what my peers would think about me if they knew about my addiction. The shame about giving my power away to something that now had control over me. The guilt regarding the people I disappointed or hurt. I am so grateful for my home group who allow me a place to share these feelings and help me to walk through them without judgment. I may not be free at last, but I am on my way to freedom. Work the Steps and Live, you 'rock'!

Thank you for your support.

Ruth K. Work Steps and Live Group

Freedom from Active Addiction

I'm sure you've heard it said, a grateful addict won't use. I used to hear an accusation in that saying, but today I hear a promise. If I can find something, ANYTHING, to be grateful for, just for today, I will be freed from my self-made prison. That is the only thing I am promised in Narcotics Anonymous, freedom from active addiction....but that freedom feels soooo good!!! With that freedom comes a new way of life. I am free to be happy, to make new friends, to learn something new every day. Since I have the disease of addiction, which affects EVERY area of my life (not just some of them!), I must do some work to gain that "daily reprieve" from the horrors of addiction. Keeping that freedom involves ACTIVE RECOVERY!! I have to ask my fellow recovering addicts for help to stay clean, to live life with gratitude, to bring my "old behavior" to my attention...not as judgment, but for me to examine and change. If nothing changes, nothing changes. Since I came back from my relapse three years ago, I have found redemption in doing something different, sometimes daily. Meetings, sponsorship, service work, even step work can become familiar and comfortable. In order to grow, I need to step outside my comfort zone....I still remember when using every day was my comfort zone.....we break free from our self-made prisons....I love recovery!!!

Andrea V. Work the Steps and Live Group

THE JOURNEY

I was on a journey, to I don't know where,
what happened along the way, I did not care.

All that mattered, was escaping the pain,
but my efforts were fruitless, I was continuously going insane.

The people, places, circumstances, I put myself in,
were all roads to death, but I was numb and blind then.

At any moment, something could have gone bad,
and alone to fight the world, I would have left my young lad.

The love and innocence, of my child so sweet and so kind,
to miss so much of him, I had to of been out of my mind.

How it must of hurt him, to see his mom living in hell,
even with the promises, that one day all would be well.

Amazing the power, to finally step away,
when the day I found out, I had another baby on the way.

This at first, seemed like such an awful thing,
till it finally sunk in, Its another human being.

Real life, growing inside of me,
giving me the responsibility, to give it a chance to be.

I didn't choose, for things to happen this way,
but by the Grace of God, I lived through another day.

Now there's no where to run, and no where to hide,
my feelings and thoughts, are as wild as a carnival ride.

I've never felt, these feelings before,
when they would start to appear, I go use more.

Always on the go, always on the run,
one day I realized, this is no fun.

So there, what's the point, in living this way,
I one day could see, life wasn't a game you play.

I was living a life, of self torture and pain,
out of control, like the falling rain.

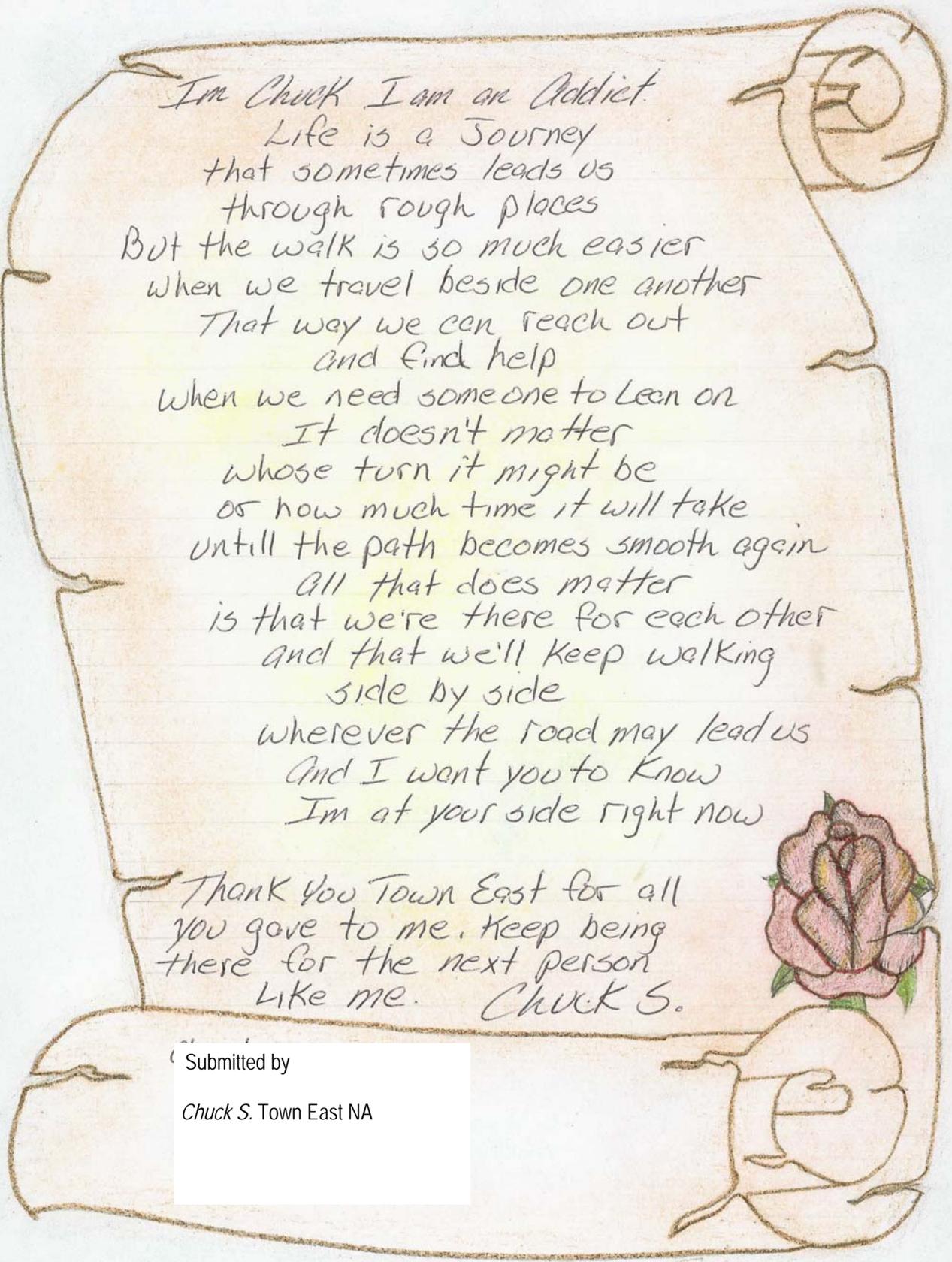
I have to find a way, to find the true me,
so I can give my kids a good life, the way God intends it to be.

Alesha T. Victoria Group, Victoria TX

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 could be edited in keeping with NA's understanding of the Twelve Steps and Twelve Traditions. Submissions could 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.

We at the cleansheet look forward to hearing from you.

A hand-drawn scroll with a rose and a signature. The scroll is drawn with brown ink and has a wavy, aged appearance. A pink rose with green leaves is drawn on the right side of the scroll. The text is written in cursive and is centered on the scroll. The signature 'Chuck S.' is written at the bottom right of the scroll.

Im Chuck I am an Addict.
Life is a Journey
that sometimes leads us
through rough places
But the walk is so much easier
when we travel beside one another
That way we can reach out
and find help
When we need someone to Lean on
It doesn't matter
whose turn it might be
or how much time it will take
untill the path becomes smooth again
All that does matter
is that we're there for each other
and that we'll keep walking
side by side
wherever the road may lead us
And I want you to know
Im at your side right now

Thank You Town East for all
you gave to me. Keep being
there for the next person
like me. Chuck S.

Submitted by

Chuck S. Town East NA

WHAT'S GOING IN THE DALLAS AREA!!!

Upcoming Dallas Area Service Conferences

January, February, March

Just for today – Greenville Group 1st Sunday of the Month Get involved!!!!

2805 Lee St. Greenville Texas

TOWN EAST 2ND ANNUAL CHILI COOK-OFF

December 9th 11am till ??? Judging Begins @ 1:45 prizes for 1st, 2nd, 3rd!!!

Speakers at 12:00, 4:00, 5:30, 7:30

2209 Gus Thomasson Mesquite, TX

IRVING GROUP

Has added a dance to their birthday night First Saturday of each month

2007 Britain Road Irving TX

LAST HOUSE ON THE BLOCK

Annual Potluck Dinner December 16th 11am till 7pm

5835 Penrose @ Bremen Greenland Hills Methodist Church

AREA COMMITTEE MEETINGS

Cleansheet Committee Meeting December 30th 4:30pm @ Town East Group

H&I SUBCOMMITTEE MEETINGS

December 17th @ 2pm Central Group

Come and get involved in spreading the message of hope after dope

OUTREACH COMMITTEE

NEEDS SUPPORT

December 10th and January 14th at 10am Town East NA

HELPLINE COMMITTEE

December 17 and January 28 @ 10:30am Stonewall Group

Lone Star Regional Convention XXII

Never Alone Never Again

April 5-8 2007

Holiday Inn Select, 5701 S. Broadway, Tyler, TX

FROM AROUND THE WORLD

Did you know?

The Fellowship of Narcotics Anonymous has come a long way since our early beginnings in 1953. We have grown from that first meeting held in Sun Valley, California, USA, to over 33,500 weekly meetings held in approximately 123 countries worldwide. Our history is rich with diversity, and we want to share the facts of that history with you, the little known as well as the well known.

Did you know NA Kuala Lumpur (Malaysia) had its first convention in February 2006? The cost of registration was US \$10, which included breakfast, lunch, and afternoon tea.

Did you know the first NA meeting in Kunming, China, was held 21 February 2006, and there were twenty addicts present?

Did you know NA was introduced in Kathmandu, Nepal, in 1994? The Everest Group of Nepal was formed, and the meeting's average attendance was fifteen recovering addicts. So far this year, members of this NA community have conducted H&I presentations in three jails, two hospitals, and a detox unit.

Did you know the first Asia Pacific Forum meeting was held at the 1992 WSC in Dallas, Texas, USA? The APF began with a few individuals in the Pacific Rim area having informal talks about how they might be of service to the fellowship in that part of the world.

Did you know the Aotearoa New Zealand Region recently published a membership survey *and* a book chronicling the history of NA in New Zealand titled "Keeping New Zealand Clean: A Brief History"?

Did you know the Japanese first made contact in 1979 with an NA member in Hawaii, and started an NA meeting in Japan around 1980? In 1986, a couple of members from Japan visited the WSO to discuss translations. Twenty years later, the Japanese Basic Text was published and was made available for sale at the 2006 WSC. Did you know NA in Australia first began in Melbourne many years before its first area convention in July 1987? Sydney started meetings in the early 1980s, and at the twentieth regional convention, in October 2004 in Adelaide, five members celebrated twenty years clean.

Reprinted from the July 2006 NA WAY

Never alone

One of the programs of the treatment center was to go to NA. I went to NA meetings out of obligation, but it never dawned on me that it was something I needed. Rather, I thought I should quickly "graduate" NA. When I finished the one-year treatment program, I stopped going to NA meetings. I started to accumulate more and more stress. Just when I thought I should use again because living was getting so tough, a fellow member who happened to have less clean time than I did invited me to go to a meeting with him. I went just for the sake of friendship. As I shared my story, those around me in the meeting were nodding their heads. I could truly feel that I didn't have to be alone as long as I kept coming to NA meetings. That was so comforting. At that moment I felt it was okay for me to stay here and then a deep sense of serenity came over me.

Sohshi K, Tochigi Prefecture, Japan

Reprinted from the July 2006 NA WAY



Subscribe to The Cleansheet and have a meeting in written format in your mailbox once a month for only 7.50 a year. Send check or money order to The Cleansheet, PO BOX 12094, Dallas, TX., 75225

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