



THE CLEANSHEET

Dallas Area Newsletter

February 2007

Email us letters/comments: cleansheet@dallasareana.org
Helpline: 1-888-NAWORKS or 972-699-9306 en Espanol 1-888-600-6229

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

*"We, who were unable to function as human beings,
now find that anything is possible of us.
Dreams that we gave up long ago can now become realities.
Addicts as a group have been a burden to society.
In NA, our groups not only stand on their own, but demand the right to do so."*

Basic Text, page 68

*"As long as we maintain an attitude of thankfulness
for being clean, we find it is easier to remain clean.
The best way to express gratitude is by carrying
the message of our experience, strength
and hope to the still-suffering addict".*

Basic Text, page 83

NEXT MONTH'S TOPIC IS SPONSORSHIP

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 March 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

Angie 30 days
Milton 30 days
Lisa 60 days
David G. 90 days
Candyn P. 6 months
Louis R. 9 months
Vincent R. 1 year
Karla P. 2 years
Michelle W. 3 years
Donald T. 4 years
Larry H. 7 years
Barbara R. 8 years
Don W. 11 years
Phil D. 12 years
Dwight W. 12 years
Vivian L. 12 years
Elvis Y. 18 years

DUNCANVILLE

Amy 60 days
Tanya 90 days
Henry C. 9 months
Lester A. 13 years
Clarence 18 years

GROVE GROUP

Dennis 30 days
Jeremy M. 30 days
Precious B. 60 days
Monica D. 60 days
Shirley D. 90 days
Deana M. 9 months
Kathy T. 1 year
Lan M. 18 months
Kevin M. 2 years
Joe B. 2 years
Joe W. 2 years
Jackie P. 2 years
Melvin C. 2 years
Emma B. 3 years
Tracy F. 9 years
Regina H. 10 years
Darrell 10 years
Tommy M. 12 years
Toni W. 17 years

IRVING GROUP

Patricia H. 30 days
Diana 30 days

Jay 30 days
Lynn 30 days
Petra 60 days
Bryant 60 days
Derek C. 60 days
Scott C. 90 days
Justin 90 days
Ryan H. 90 days
Sunshine 90 days
Christie N. 90 days
Jay B. 90 days
Ayumi 6 months
Bennie 6 months
Stacy 6 months
Sharon P. 9 months
Arnold 9 months
Renee M. 1 year
Kelli F. 1 year
Stacy E. 1 year
Trisha 18 months
Brian P. 3 years
Douglas K. 3 years
Bobby L. 3 years
Mason R. 4 years
Kim S. 7 years
Ron W. 13 years
Gerald M. 16 years
Laura C. 16 years

Mc KINNEY

Jackie 60 days
Helen 60 days
Dan 90 days
Paul M. 90 days
Vicky 2 years
Terrell G 6 years

NORTHSIDE

Dwight D. 60 days
Matt W. 60 days
Jody B. 90 days
Rachael G. 90 days
Big Paul 90 days
Jared G. 90 days
John R. 6 months
Leslie E. 6 months
David R. 6 months
Kerri R. 9 months
Wendy R. 9 months

Chong M. 18 months
Reed T. 18 months
Liz W. 2 years
Sandra T. 2 years
Tim H. 3 years
Michael S. 4 years
Cisco 5 years
Al S. 6 years
Nelda S. 6 years
Tom D. 8 years
Kelly M. 8 years
Bart K. 9 years
Betsy 16 years
Pam M. 17 years
Steve W. 20 years
Stephen D. 24 years

STONEWALL GROUP

Philip W. 30 days
Kaylie M. 30 days
Cameron J. 30 days
Peaches C. 30 days
Paul 30 days
Kirta C. 60 days
Richie M. 90 days
Ron M. 90 days
Curtis 90 days
Misty 90 days
Gina S. 6 months
Kim L. 1 year
Melisa 1 year
Zach 2 years
Robert P. 2 years
Calvin R. 5 years

TOWN EAST GROUP

Suzanne 30 days
Will V. 30 days
Bridgette L. 60 days
Chris K. 60 days
Nina M. 90 days
James P. 90 days
Amber F. 90 days
Alyssa P. 90 days
Lisa D. 6 months
Kithony B. 9 months
Sean M. 9 months
Wolf 9 months
Chris G. 1 year
Walt M. 1 year

Douglas C. 1 year
Shirlee B. 18 months
Skyla L. 2 years
Carrie B. 4 years
Big John 7 years
Mark W. 8 years

WAXAHACHIE

John L. 30 days
Kirk 30 days
James 30 days
Timothy 30 days
Pedro 30 days
Analisa 60 days
Ted 90 days
Bobby V. 90 days
Julie C. 90 days
Bobby P. 90 days
Chris V. 90 days
Christy F. 90 days
Richard L. 90 days
Josh 90 days
Nikki 90 days
Douglas 1 year
Alex 18 months
Scott 18 months

WORK STEPS AND LIVE

Larry B. 30 days
Claudia 30 days
Victor 60 days
Keia 60 days
Zevia 60 days
Vickie W. 90 days
Susan W. 90 days
Thomas 90 days
Ramiro 6 months
Darla 9 months
Orlando S. 2 years
Clint P. 2 years
Dana T. 18 months
Dawna Y. 20 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.

WRITINGS FROM THE FRONTLINE

Action Speaks Loud

Put the pen to the paper... I can do it!
 Can He read me?
 Speak this voice inside me... I can do it!
 Can He hear me?
 Use my vision to see the miracle... I can do it!
 Can He see me?
 Take my arms; hands to reach out... I can do it!
 Will He feel me?
 From my experience where I am at today...
 I believe any type of action taken to heal in recovery is always heard, seen, felt, and accepted by our Higher Power. Today I felt I had something to share; Help IS possible!!!
 No matter how dark, there is always light. All I have to do is want it, work for it, believe in it, have hope, and faith in it!!! To me the "IT" is that I will recover thru anything that ails my spirit! And the other "IT" is so will you because I want "IT" more for all of us... Because there is definitely strength in numbers .I pray that these words I have put to the paper, the voice that I have spoken with thru these words, a vision that I have shared, and last but not least... IF... I pray we do meet that we can reach out to hold one another so we can heal together!!!
 Thanks for listening

Nina M. Town East

Behind Locked Doors

Behind locked doors my addiction remains the same.
 My pointed finger wanders, but finds no one to place the blame.
 I can't wait till the day that this nightmare is over.
 But even behind locked doors it's hard to stay sober.
 I wake up sweating from a dream of lust and drug abuse.
 Sometimes, I believe, in my head I have more than one screw loose.
 Then I sit in that circle of souls with nothing holding me back.
 And I find there are more like me and control we all do lack.
 Even behind locked doors I learned to express what I feel inside.
 And the more I share, the more the pain begins to subside.
 I want to thank that circle of souls, because they helped me find me!
 And even behind locked doors, admitting my problems, I have found the key!!!
 Thank you God and NA

Nicholas P. Dallas County Jail

Just For Now

For years I have lived in my own little hell.
 More time wasted in a County Jail.
 The mistakes I made that came from my past
 The race that I'd run and yet come in last.
 A decision to make that must come from within,
 A life to save and a battle to end.
 So just for now I'll hit my knees and pray
 "Lord keep me clean Just For Today"

David B. Dallas County Jail

Thank you NA

The other day I was driving down the highway with my son in the passenger seat. To most people this might not sound like a big deal. You might be thinking "yah and I drive my kids everywhere"! But this was the second time I've seen him in 13 years! As we drove I thought about NA. The tears came; they were tears of gratitude.

The program of Narcotics Anonymous has given me a new way of life that was otherwise impossible. Before I came into the program I wanted things that were not possible so long as I continued to use. Some of the things I wanted were to be a father to my son and to love myself.

I didn't see that it was possible for me to be a father to my son because he didn't fit into my using and as we all know anything that gets in the way of our using is only a liability. I sure as hell didn't love myself.

The program, has done for me what I could not do for myself. I now feel compassion, love, and empathy. I see my assets, and most important; I have learned to love myself for the first time in my life.

The rooms have given me a family were I always feel welcomed and loved. It has taken me a long time to feel the love in the rooms but I finally do. I look forward to attending my home group just as much as children look forward to Christmas morning.

For the first time in my life I am a responsible member of society. I give where I used to take. Give love where I used to hate. As I continue this journey I am discovering a loving, healing, nurturing relationship with my higher power. Most important I am able to be a father to my son!!!

Dave M. Town East

GRATITUDE

I walk into this unfamiliar room not knowing what to expect and I look for a seat as my palms sweat! I just know my po. said I need this and to go and listen and get a key tag that's white and to get my paper signed. I sat and I didn't listen till key tags were passed and I got up to get the white flag not knowing if I was ready to quit and I got my uncomfortable hugs then my paper and left and I say this because I am grateful for that day because that day let me know that there was a place I could come and feel at home. Even though I was forced to do this thing by the courts in the beginning...I eventually felt comfortable and knew it was where I needed to be. I know I would be another lost young soul that would die from this disease and I'm grateful for all the support I get from the people at my home group and other groups because without them I would be an addict in bad company. Which is alone. And now I have lived to see 19 yrs old.....and I could not have done it without narcotics anonymous. So I would like to say thanks a lot for the support and this program because like I said I probably would have ended up dead.....

Will V. Town East

GRATITUDE

Recovery has taught me a lot about being a person and getting satisfaction from just living life. Some very obvious things had eluded me in my active addiction. Gratitude for what I have and the simple satisfaction of another day to live are two things I never had before recovery.

It's not like I don't have things to be thankful about. Things that give me plenty of reason to live and be satisfied with my life. I have two beautiful and physically normal girls that warm my heart just by being near. I own a variety of "stuff" but have learned that "stuff" has nothing to do being happy. Having enough income to meet my financial needs allows me to focus on things besides how to pay my electric bill. However, I sometimes have too much time on my hands and I've even become grateful for learning to use that time without using. I have a "gift" with electronics that guarantees me a job, even though my resume reflects the wreckage of my addiction. People are still willing to give me a job as long as I go to work every day and do my best. My sponsor says "God is OK with everything I have done today." I am grateful that God is OK with how I spend my days now.

I also have a remarkably normal family. Loving parents who never treated me badly, a brother who lives in my neighborhood and two sisters who are very well adjusted. None of them are the reason I used; they have been nothing but supportive. For that, I am grateful.

Working the steps teaches you a lot about yourself and the way you live that aren't necessarily related to addiction. Most of us have heard someone say they wish some of the normies in their life would work the steps. We say that because even if I weren't an addict, the steps would still have taught me some things I needed to know.

But I am an addict. I used from 14 to 39 with no regard for anyone else. I was the classic selfish and self-serving user. Now, I try enjoying helping others when I can. Getting the opportunity to help someone else by freely offering what recovery has given me is more satisfying than using ever was. I have worked the Helpline for 18 straight months now and have become dependent on it as part of my recovery.

Watching the normies in my life has also taught me a lot about what to expect out of life and what to be grateful for. A factor in my addiction was thinking every day had to be like a rock-n-roll video with me as the star. Normies have helped me learn where I should be finding my satisfaction with life.

I have a pretty steady battle raging with depression since I have been separated from my family, who moved out of state two years ago. But I am careful not to confuse a depressing day with the fact that every day is a gift. Let me explain. I woke up this morning and my first thought was that I won't see my kids today, again. That depresses me. But gratitude tells me I will see them this weekend, this summer and maybe even have them for the next school year. While today is not what I would like it to be, it is still a gift with plenty of promise and I go on living it even though I have to wait to see my girls.

This day is a gift. Do the best you can, give yourself a break and be grateful about how enjoyable your life can be. Don't confuse slow days and serenity with boredom. Help someone else. Be grateful that you have everything God has given you.

Gary H. Awakenings Group

Welcome Home

This is a story of many things that I am grateful to have given, experienced and received. Most are made of pain and pleasure and all have brought a lesson. Gratitude for me has come in many forms, some not realized until years later.

One thing I am most grateful for, it may seem odd, is that I am an addict. This has only arrived on my gratitude list since finding Narcotics Anonymous (NA). But I do believe I did not just stumble across NA, I was somehow led here by a power greater than myself. Yes, that power, which without, recovery would not be possible for me. One name I call my higher power is "The Great One". He is made of love, truth and hope for all. He knows me better than I will ever know myself, and knows the best place and action for me at any given moment. So it may be possible that if I were not an addict, I may not have such a great desire and need for a constant and healthy relationship with my higher power. It has been a pleasure receiving guidance from a source of seemingly infinite wisdom. I do not pretend to always be in my higher powers will, I am content that I will never reach perfection in this life.

This reminds me that I am grateful for you today. I find peace in knowing that you are not perfect either. I have a spirit of outreach and happiness, knowing we can all live together in our imperfection. Helping each other and learning from our sharing experiences.

I am grateful for my family, who pushed me away when they saw me killing myself. How did they know that could help save me? They knew because people like you, members of NA, suggested to them what has worked for many addicts.

I am grateful to have been arrested and convicted. I am grateful that a judge ordered me to attend NA meetings. I am grateful that when I did attend meetings that you were there to welcome me with open arms. You shared with me openly and honestly your experience of recovery. At first I did not really want to be there. My greatest fear was not jails, institutions or death. My greatest fear was continuing to live life the way I was living. But I kept coming to meetings because you were there cheering me on, you accepted me as I was. You said, "Come spend time with us, let us be your friends". So I stayed and I listened and I learned that who I am is determined by the way I am living. I spent more time with you, became your friend and now I am a member of Narcotics Anonymous.

I am grateful that I have a sponsor who suggests keeping recovery simple. He speaks of what works for him and what does not work for him. One of his great passions is carrying the message of recovery to addicts in many different places, prisons, jails, treatment facilities and other groups. Going with him to some of these places and sharing my experience, strength and hope with other addicts I have gotten a taste of this passion. I am realizing that it really is true that "The value of one addict helping another addict is without parallel".

So when we go to meetings and we take our seats, which we have grown to cherish, and we see YOU walking through that door for your first time. Remember this, what we are most grateful for is YOU, that YOU made it through that door that we have all walked through for our first time. We love YOU, and WELCOME HOME!!!

Walt M. Town East 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 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.

GROUPS NEEDING SUPPORT

Eastside Group Sunday night Women's group needs support and women willing to provide sponsorship
Sunday nights 8pm
Cross Bend Christian Church
801 Cross Bend Rd. Plano Texas

Just For Today Group needs women for support and sponsorship
2805 Lee St. Greenville Texas

Just Plano Group would like some help and fresh ideas to get a literature drive started!!! Contact Teal McD. @
t h a i b e b e 2 3 @ y a h o o . c o m o r
972.867.5547

Waxahachie Group needs support
Ellis County Counseling Center
6350 South IH 35 Waxahachie Texas

Work Steps and Live needs support
Tuesday and Thursday Book Study; noon meeting needs support
2125 SW 3rd St #410 Grand Prairie Texas

Garland Group needs support
Monday nights 8pm
Salvation Army Building
452 West Avenue D, Garland, Texas

Irving Group
Has added a dance to their birthday night First Saturday of each month
2007 Britain Road Irving TX

Awakenings Group is in need of trusted servants and support for all groups
359 Lake Park Rd. #111 Lewisville Tx

Work Steps and Live
Hosting a Speaker Jam and Auction to help raise funds for the Texas State Convention V
February 10th 1:30pm thru 11:30pm
2125 SW 3rd St. #410 Grand Prairie Texas

CONVENTION INFORMATION

WCNA32 Our message is hope, our promise is FREEDOM
San Antonio Texas August 30 thru September 2nd 2007

LSRCNA The Dallas Area is providing a hospitality room at the LSRCNA conventions for 2007 and 2008 and is need of people to donate food items

Circle of Sisters is holding their convention at the Marriott @ DFW airport on February 23 –25, 2007
Visit <http://www.circleofsisters.org> for more information

Lone Star Regional Convention XXII
Never Alone Never Again
April 5-8 2007
Holiday Inn Select,
5701 S. Broadway, Tyler, TX

Texas Unity Conference
February 16 thru the 18th
Lake Whitney Texas

WHAT'S GOING IN THE DALLAS AREA!!!

MULTI AREA UNITY DAY

Speakers begin at 12noon until 9pm; fun, food, and fellowship Dance after 8pm meeting.... Another Chance Group
503 Brown Trail, Hurst, Texas

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

GROVE GROUP

Valentines Day Dance after 8pm "Ask it basket" meeting on Relationships
February 10th

19TH ANNUAL SUPERBOWL PARTY

Sunday, February 4, 2006, 3pm—10pm
NA meeting at halftime. Country Place Country Club House
2727 Country Place, Carrollton, TX 75006

AREA COMMITTEE MEETINGS

NEWSLETTER SUBCOMMITTEE

Meeting February 10th 1:30 at Northside NA

PUBLIC INFORMATION SUBCOMMITTEE

February 10th 1:30 Northside

OUTREACH COMMITTEE

NEEDS SUPPORT

February 11th at 10am Town East NA

HELPLINE COMMITTEE

February 25th and March 25th @ 10:30am Stonewall Group

H&I SUBCOMMITTEE MEETINGS

Feb. 18th @ Towneast Group NA - 2pm
March. 18th @ Northside NA - 2pm

Come and get involved in spreading the message of hope after dope
There are several facilities in the area we are allowed to take NA meetings into
but since there are not enough addicts to take meetings to these places there are
no meetings. If you are interested in carrying the message to one of the many
institutions we are allowed to enter please contact Sal @ 214-642-7178 or at-
tend the next H&I subcommittee meeting

Through NA

On 30 December I celebrated twelve years clean, and I am enjoying a rich life in recovery. I wanted to share with you some thoughts I had about the program of Narcotics Anonymous.

The NA program helps me to give space to God in my life. NA is also about being vulnerable, and it teaches me that power is most effectively communicated not by looking powerful but by participating in powerlessness and in weakness. It is about sharing that powerlessness with others and helping to empower the recovering addict.

The NA program expands my capacity for joy and increases my capacity for pain. It teaches me the value of a hidden life of humility, of giving without cost, of standing on my own both in moments of triumph and in moments of bitter failure. It tells me I cannot actively dictate my own destiny, but that my destiny is given me by another.

Recovery teaches me that I cannot love others unless I love myself first. It teaches me the value of listening and receiving with quiet acceptance.

I am grateful to my sponsor for being my confidant—a companion who will stand with me to the end of my journey—giving me the space to walk, to listen, to suffer, to feel, to grow, and to surrender. My sponsor also teaches me the importance of relationships, showing me that life is walking together, and sharing one's person, showing me how to give and receive in a relationship.

When I am faced with what I perceive to be insurmountable problems, NA symbolizes hope.

NA has given me companions in my journey of life. Most people know that life evolves into death, but a few people—like us addicts—know that life can and does evolve *from* death—the death caused by our active addiction.

Thank you all for being there for me.
From a fellow traveler on the path of recovery,

Sunil B, *India*
Reprinted from The NA WAY April 2003

GRATITUDE

My name is Donna and I am an addict; The things that I am grateful for today are very different than what they used to be. I used to be grateful for anything that had to do with my addiction. I know that my fellow addicts know what I'm talking about. Today I am most grateful for the relationship with my higher power. I'm still learning that when things get difficult to deal with that I can turn them over to my higher power and let him take control of the things I have no control over. I grateful that a seed was planted almost six years ago by another addict that was as simple as....You can have what I've got. and that was all I was told nothing else was said about the program. (simple huh?) I was in my addiction for two more years before I found NA. I had help finding the program through the state of Texas for this I am truly grateful.... I'm am grateful for my sponsor she has always been here for me to help guide me and share her experience, strength and hope. The members I am grateful for because I can not stay clean without all of you.....The members that were here before me and the ones that have gone back out. I learn from them all how to stay clean....The steps keep me clean!!!! The Newcomers help remind me what it is like out there and give me someone to share with what has worked for me. This is an amazing program. If you are a Newcomer, Get a sponsor, go to meetings work the steps, have a relationship with a power greater than yourself, and remember to give back what was so freely given to you.

Donna T. Town East Group

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

Name _____

Street _____

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