



THE CLEANSHEET

Dallas Area Newsletter

March 2007

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

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*"Sponsorship is a two way street it helps both the newcomer and the sponsor.
The sponsor clean time and experience may well depend on the availability of sponsors in a locality.
Sponsorship for newcomers is also the responsibility of the group.
It is implied and informal in it's approach, but it is the heart of the NA way of recovery from addiction -
one addict helping another."*

Basic Text Pg 56

*"We cannot afford to lose sight of the importance of sponsorship
and of taking special interest in a confused addict
who wants to stop using.*

*Experience shows clearly that those who get the most
out of Narcotics Anonymous Program
are those to whom sponsorship is important."*

Basic Text Pg.

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 March 25th for the
April 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!!!

GROVE GROUP

Jeremy B. 30 days
 Leslie H. 30 days
 Monica D. 60 days
 Dennis 60 days
 Precious B. 90 days
 Deanna M. 9 months
 Lan M. 18 months
 Shirley D. 18 months
 Orville 7 years
 Alvin W. 11 years
 Thea S. 13 years
 Ken M. 16 years
 Marcella M. 16 years
 Roy Y. 20 years

IRVING GROUP

Theresa K. 30 days
 Vanessa A. 30 days
 Frank S. 30 days
 Diana C. 60 days
 Jason 90 days
 Detra 90 days
 Naomi M. 6 months
 Rayanette C. 6 months
 Dianna F. 6 months
 Laurie C. 6 months
 Shirley J. 9 months
 Lisa L. 9 months
 George D. 1 year
 Jayceh 1 year
 Meredith 18 months
 Derrick W. 18 months
 Nick P. 7 years
 Gayle P. 8 years
 Paul S. 14 years

JUST FOR TODAY

Dami 18 months

Kyle L. 1 year
 Eddie J. 10 years
 Art O. 12 years

KEEP HOPE ALIVE

Albert 30 days
 Raymond 30 days
 Glenn 30 days
 Dywane 60 days
 Tristan 90 days
 Anna 90 days
 Lisa 6 months
 Cassandra 6 months
 Ed 6 months
 Evelyn 6 months
 Fernando 9 months
 Brenda 1 year
 Sven 1 year
 Tyrone 3 years
 Leon 3 years
 Mike 4 years
 David 6 years
 Larry 12 years
 Chuck 23 years

NORTHSIDE

Leigh Ann W. 30 days
 Brian T. 30 days
 Joe G. 30 days
 Jeremy C. 30 days
 Jody T. 90 days
 Lisa S. 6 months
 Mary V. 6 months
 Heather M. 6 months
 Lana H. 9 months
 Linda T. 9 months
 Brenda C. 1 year
 Corey C. 1 year
 Candice 18 months
 Steve K. 2 years

Dani D. 3 years
 Gayle S. 3 years
 John E. 3 years
 Cisco M. 4 years
 Rosanna F. 4 years
 Tom D. 8 years
 Sandra W. 10 years
 Sandra T. 12 years
 Malaree 16 years

STONEWALL GROUP

Paul 30 days
 Brandon 30 days
 Joshua 30 days
 Cameron J. 60 days
 Phillip W. 90 days
 Al S. 6 months
 Larry O. 6 months
 Eric R. 9 months
 Nicole 9 months
 Rick 1 year
 Brian C. 1 year
 Craig F. 1 year
 Melisa I. 1 year
 Glen S. 18 months
 Amy S. 18 months
 Steve F. 18 months
 Zach 2 years
 Sandoval L. 2 years
 Sybil G. 4 years
 Debbie B. 5 years
 Joe M. 8 years

TOWN EAST GROUP

Sean M. 30 days
 Will V. 30 days
 Fred F. 30 days
 Sara A. 30 days
 Shelly W. 60 days

Christi C. 60 days
 Mara B. 60 days
 Georgia A. 60 days
 Jason R. 90 days
 Patricia 6 months
 Colby B. 6 months
 Wendy R. 9 months
 Allen V. 9 months
 Lana H. 9 months
 Lauren 1 year
 Robin R. 1 year
 Jesse B. 1 year
 Derrick B. 18 months
 Sharie D. 2 years
 Matt M. 2 years
 James 2 years
 Lisa R. 3 years
 Cisco 4 years
 Austina F. 5 years
 David M. 7 years
 Martha T. 9 years

WAXAHACHIE

Nathan 60 days
 Darrin 18 months
 Bubba 18 months
 Denise 2 years
 Detra 4 years
 Paul N. 12 years

WORK STEPS AND LIVE

Lydia H. 30 days
 Lucy R. 30 days
 Keia 90 days
 Jessica O. 6 months
 Victor 6 months
 Ed P. 6 months
 Dana T. 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.

WRITINGS FROM THE FRONTLINE

GRATITUDE

I am grateful for this second chance
To live a happy life.
I am grateful each and every day
Just to do what's right.
I am grateful for another try
An opportunity to extend.
An olive branch and apologies
To try to make amends.
I know I hurt many people
In so many different ways.
I hurt my family and my mom
Way beyond what's okay.
I'm grateful for this chance
To be alive today.
But I could not have done it
Without the unity and people of NA.

Melody L.
Town East Group

MERRY-GO-ROUND

My life is like a merry-go-round,
Round and round I cannot stop,
Another hit another round
I cannot stop, my life goes round.
For my life is lost on this merry-go-round
I buy and I use on this merry-go-round,
For now I'm sick on this merry-go-round,
For now I know what to do to get off
This merry-go-round,
I jump off the merry-go-round for I'm alright.
Now my life no more goes round!!!

Sabino R.

FRIENDS VS. NA FRIENDS

FRIENDS: Never ask for food
NA FRIENDS: Are the reason you have no food.

FRIENDS: Will say "hello"
NA FRIENDS: Will give you a big hug and a kiss.

FRIENDS: Call your parents Mr. and Mrs.
NA FRIENDS: Call your parents mom and dad.

FRIENDS: Have never seen you cry.
NA FRIENDS: Cry with you.

FRIENDS: Will eat at your dinner table and leave
NA FRIENDS: Will spend hours there, talking, laughing and just being together.

FRIENDS: Borrow your stuff for a few days then give it back.
NA FRIENDS: Keep your stuff so long they forget it's yours.

FRIENDS: know a few things about you.
NA FRIENDS: Could write a book with direct quotes from you.

FRIENDS: Will leave you behind if that's what the crowd is doing.
NA FRIENDS: Will kick the whole crowds' ass that left you.

FRIENDS: Would knock on your door.
NA FRIENDS: Walk right in and say, "I'm home!"

FRIENDS: Are for a while.
NA FRIENDS: Are for life.

FRIENDS: Will ignore this.
NA FRIENDS: Will forward this

Eat well, stay fit, die anyway. (Just remember how lucky you were to get a free trip around the sun.)

GRATITUDE

Gratitude is the topic I've heard in many meetings in the almost 3 years that I've been in recovery and it has taken me almost just as long to grasp the true meaning of gratitude in narcotics anonymous. There is a small picture frame on almost every NA group you go to with the words "my gratitude speaks when I care and when I share with others the NA way" in it. I have received the gift this program has to offer; freedom from active addiction. I am very grateful to narcotics anonymous for saving my life and I don't have to speak of my gratitude because it speaks for itself. My compassion for the still suffering addict has led me to carry the message to those who don't have it. I hate to think that someone might die because I am not carrying the message that was so lovingly given to me. So I let my gratitude speak for itself when I exercise my God given ability to save another addict's life. After being given the miracle of life through this program what an honor and a privilege it is to share that miracle with others. So now I pose a question... How does your gratitude speak?

Ian A. Town East

GRATITUDE

In the past, isolation was the norm for me. I had no need for others and I felt others had no need for me. I was a prisoner of my own shame, guilt, and degradation. I dreamed of nothing. I aspired to nothing. I had surrendered to the belief, I am nothing. Then, I found Narcotics Anonymous. NA taught me there is no shame to being an addict and my true value is in being myself. There is no shame to being me. I was caught in comparing. I compared myself to her or him. I was caught in a constant state of "less than." I loathed me. For the first time in my life, I have a sense of confidence, dignity, self respect, and love. I have found a sense of purpose and belonging, I did not know I wanted or was possible. I have a life beyond my limited dreams. The literature informed me that what I need is a personality change. The H&W tells me that I personalize my recovery through the steps, therefore, I work the steps to evolve as a spiritual being. Through the evolution, I have gained a sense of responsibility to myself and others, the selflessness this program teaches shattered the delusion that society was here to serve me. My self obsession is slowly being replaced with selfless service. Now that I have the dignity, respect, and love for myself, I can have it for others. For so long, we had to hide...now.... "We can help to change the old lie "Once an addict, always an addict," by striving to make recovery more available. God help us to remember this difference."

Ruby B. Central Group

GRATITUDE

The first thing I was grateful for was having a place to go. The program was the last house on the block for me. I was really upset when I saw God in the steps. I slowly but surely got over that. I was grateful to be alive to get there for I was almost gone for good. I was at last afraid to die. Because I couldn't slow down, I just thought to hell with it I'll just die using. I quickly changed my mind. I'm grateful the program took a hold of me. For it took me awhile to get a hold of it. I was one of those who were totally desperate. I did what was suggested whether I liked it or not. My sponsor said, "It doesn't matter what you think or feel just do it". She said, "I would feel better later" and I did!!! I became grateful for prayer, but not at first. I felt like I was praying to the floor. People had to tell me how the program was working in my life. I couldn't see the good for focusing on the bad. I'm grateful for my intuition. I just don't always follow it. My intuition just told me to wait until 3pm for a bus and I didn't. I called a friend 2 or 4 minutes until 3pm and walked away. The bus came at 3pm on the dot. So I had to wait even longer for my friend to get me. I'm grateful for God doing for me what I cannot do for myself, one time my tires went bad all at the same time. I kept telling God "You know where I'm at; no money for tires". I worked an hour away from home. Within a few days a check came in the mail. I thought great here are my tires. Then I thought "no"; Texas Rehab paid for my schooling, uniforms, books, and gave me a little money each month. So I tried giving the check to Texas Rehab and they wouldn't take it. I then called the school to see if it was theirs. The lady on the phone said "take my word for it, it is yours"! I'm grateful for the program and the people because they led me back to God. So all I had left was death. Thank God I didn't have to do that! The last 20 years have been the best years of my life, even though I've had some bad or negative times, it's still been better than any other part of my life. I look forward to the rest of my life!

Dawna Y. Work Steps and Live

SERVICE CORNER

The Cleansheet will conduct a brief Q&A (Question and Answer) with various members of service on principles of service as it relates to their personal recovery. This month the Cleansheet spoke with the Chair of the Advisory Board of the Texas State Convention.

On January 28, 2007 at 2 p.m., the first elections for the upcoming Texas State Convention VI for 2008 were held at the Crown Plaza Hotel in Addison, Texas. Since the convention's inception in 2002 and the first convention in San Angelo in 2003, this is the first time the convention is being held in the Dallas Area. At the meeting, the Cleansheet conducted an interview with the Chair of the Advisory Board for the convention.

Where did the concept for the Texas State Convention originate?

"The Convention Guidelines of Narcotics Anonymous, under types of conventions, the subheading Regional/State Convention, page 3. Combined States Convention."

Traditionally, these conventions involve several regions or states who combine efforts and resource to celebrate recovery.

What was the motivation or intent?

"It first started because it seemed like each region was operating independently of each other. The goal was to have something that each could participate. Now, the Best Little Region, Lone Star Region, Tejas, Red River (has a position available), El Paso, and Texarkana Area have liaisons."

Did you meet with adversity in the beginning?

"I can show you some of the emails. You wouldn't believe some of the things people have said. People first thought it was going to be a Black Convention. I don't do that kind of stuff. I am about recovery, contrary to everybody's belief. If you have predominately Hispanic groups, there events are going to be Hispanic. In Amarillo, the committee is predominately Caucasian because that is the membership. In Waco, it was totally different. In El Paso, its going to predominately Hispanic."

Does the convention follow the traditions?

"The first, seventh, and ninth traditions, we are something that the groups formed. Groups form the body of the state convention. Many have said, you violated the traditions. I don't think you violate traditions, its not a law. They are principles for instance unity. We follow the principles [pointed out excerpt in the How and Why] . *The book seeks to explore the spiritual principles within the traditions, engage members with the spirit-not the law-of the traditions, and provide a basis for thought and discussion about the traditions.* Traditions are no good unless they come to life. It took tooth and nail for the LSRCNA to come out of the Dallas Area. The Convention is to celebrate life. We have to adapt to the area rather on a beach or where its at. People say I was in self will. I was supposed to ask permission of all the areas or the regions, but that's not true. They said I could not use a logo because the convention was not part of the service structure. No convention is sanctioned by anybody. It's who they are accountable to. The convention is accountable to the groups. When we first started, the Best Little Region wrote a letter stating whatever we need, they support the state convention."

How is the convention funded?

"Each group holds fundraisers. We have never asked any area or region for money. The convention starts with \$1500. Some conventions start with \$10K, \$20K and still ask for more money. The first money was from a hat passed around in a basket at Whitney (one of the first meetings) for mail outs, PO Box, and stuff like that."

Would you like to give a closing statement?

"I like to go to the literature. The Twelfth Concept, *In keeping with the spiritual nature of Narcotics Anonymous, our structure should always be one service, never of government, I like this quote.*"

This principle underlies all we do in our groups, service boards, and committees. The Twelfth Concept reminds us that we ourselves have experienced recovery only because others put this selfless principle into action before us, taking the time and the care to carry the NA message to us when we were still suffering from active addiction. In service, we express our gratitude for the recovery others have shared with us by carrying ours to others. Nothing could be further from the drive to rule or direct than this spirit of selfless service.

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

Central Group 8pm meeting need support
1810 Hall St. Dallas Tx

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 or
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

Town East Group has a Friday night midnight meeting that is in need of support

CONVENTION INFORMATION

WCNA32 Our message is hope, our promise is FREEDOM
San Antonio Texas August 30 thru September 2nd 2007
Register on the web NA.ORG
Or call 800.301.9673

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
Contact Linda B.

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

SPEAKER JAMS

Town East Group: March 31st speakers at the regular meeting times beginning at 12 noon with food, fun, and fellowship between speakers
2209 Gus Thomasson, Mesquite, Tx.

Central Group: March 24th speakers beginning at noon
1810 Hall St., Dallas Tx

WHAT'S GOING IN THE DALLAS AREA!!!

MULTI AREA UNITY DAY

Speakers begin at 12noon until 8pm; fun, food, and fellowship Dance after 8pm meeting.... March 10, 2007 Another Chance Group
503 Brown Trail, Hurst, Texas

UPCOMING DALLAS AREA SERVICE CONFERENCES

April, May, June

Work Steps and Live group 1st Sunday of the Month Get involved!!!!
2125 SW. 3rd St. #410 Grand Prairie, Texas 75051

DALLAS AREA COMMITTEE MEETINGS NEWSLETTER SUBCOMITTEE

March 10th, April 14th, and May 12th 1:30 @ Northside NA

PUBLIC INFORMATION SUBCOMITTEE

March 10th, April 14th, and May 12th 1:30 @ Northside NA

WEBPAGE COORDINATION SUBCOMITTEE

March 10th, April 14th, and May 12th 1:30 @ Northside NA

OUTREACH COMMITTEE NEEDS SUPPORT

March 11th, April 15th, May 13th 10am Town East NA

HELPLINE COMMITTEE

March 25th, April 22nd @ 10:30am Stonewall Group

H&I SUBCOMITTEE MEETINGS

March. 18th @ Northside NA - 2pm

April 15th @ Irving Group Learning Day Begins at 1pm

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 a allowed to enter please contact Sal @ 214-642-7178 or attend the next H&I subcommittee meeting

What my sponsee means to me

I never expected to enjoy being a sponsor as much as I do. I've been sponsoring her for about six months. She is the first one in my nine years with whom I have really "clicked." Before I was her sponsor, she had relapsed and come back to us. When I saw her at that first meeting back, we both knew we needed each other. We have been working her steps together ever since. I am confident that she will stay clean (if she continues to listen to me!), and eventually she will sponsor other women. This cycle is one of the most beautiful parts about NA. I am reminded of watching time-lapse photography of a caterpillar changing into a butterfly. It's one of those true clichés. She makes me feel like I am a better person than I think I am. She shares her most painful and most inane feelings with me, and I feel honored to be the one she calls. We end up laughing at most things, which is my time-tested method of coping. Laughing works very well for us, in addition to applying the principles of recovery. We have a lot in common, and I'm not just saying that. When we are reading out of our NA books, we often discover that both of us have underlined the same passages, and we laugh about that, too. We are two young women who have the same difficulties, but I am the one of us who has learned to use the program to live in balance. And, because I am grateful for my life, I share everything I know with her. I am not afraid to let her know that I still get angry and sad and lazy and lonely, but I also let her see how I eventually pull through those feelings and go on to the next victory or disappointment and still stay clean. All the while, we faithfully go to two meetings a week together, talk to newcomers, and give hugs to people. Having her in my life has added another dimension to my self-concept. I feel more useful to the universe. I am being as useful as I can be, and I am not pretending or denying anything with her. I feel like my particular experiences have unfolded just so that I can help this woman and be her recovery companion. She and I are very similar in our proclivities and our tendencies, and I can see with certainty that she is a delightful, spectacular creature; therefore, so am I! (Who knew?) We are two addicts helping each other see how awesome they really are. You can read about sponsee/sponsor relationships in our pamphlets and books, but my relationship with my sponsee goes beyond what I have been told to expect from recovery. I am obligated to share my gift with others who are ready. I am so grateful for my life that I am happy to do so. When I help her, my gratitude multiplies. I get a new high from my sponsee; higher and better than I ever thought I could be while still clean. I'm really glad I've stayed here long enough to feel this.

Erica R, California, USA

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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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