THE CLEANSHEET®

Dallas Area Newsletter
September 2009©

Email us letters/comments: cleansheet@dallasareana.org

Helpline: 1-888-NAWORKS or 972-699-9306 En Español 1-888-600-6229

THE CLEANSHEET IS NOW AVAILABLE ON THE WEB

WORKING WITH OTHERS IS ONLY THE BEGINNING OF SERVICE WORK . NA SERVICE ALLOWS US TO SPEND MUCH OF OUR TME DIRECTLY HELPING SUFFERING ADDICTS, AS WELL AS ENSURING THAT NARCOTICS ANONYMOUS ITSELF SURIVIVES. THIS WAY WE KEEP WHAT WE HAVE BY GIVING IT AWAY.

BASIC TEXT PAGE 59

NEXT MONTHS TOPIC

What does Service and Sponsorship Mean ?

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 September 25th for the October Edition*
If you don't have access to email and would like to submit an article call Dorothy B. @ 214.948-8814 or email dorothyb5891@yahoo.com

IT'S YOUR BIRTHDAY!!!

AWAKENING NA

Shanna B	30 Days
Sarah	30 Days
Corey N	30 Days
Chip	30 Days
Evan	30 Days
Jeanne	60 Days
Crawford	90 Days
Libby	90 Days
Jennifer	90 Days
Christine	90 Days
Davis	6 Months
Travis	9 Months
Mason	8 years
Lewis P	19 Years

CARROLLTON F B CARRYING THE MES-SAGE

CENTRAL GROUP

Gina S	60 days
Sammy	90 day
Scott H	6 months
Greg	9 months
Bruce W	9 months
Dionte G	1 year
Steve M	1 year
Joseph	1 year
Angelique	1 year
Dwight W	1 year
Adrian B	18 months
Jackie W	2 years
Carl B	3 years
Cynthia F	5 years
JonRoy P	6 years
Vikki W	7 years
Renea B	8 years
Ruby B	10 years
David W	10 years
Tonder S	13 years
Harold W	14 years
Angela A	15 years
Marilyn C	18 years
Allen M	18 years

DUNCANVILLE GROUP

Desiree	30 days
Willard S	90 days
Tampatha B	6 months
Leroy	6 months
James	1 year
Jermaine S	18 months
Jackie W	2 years
John P	3 years
Len B	6 years
Melanie	6 years
Kim M	6 years
Kathy B	6 years
Darrell H	7 years
Jamilah G	7 years
Bob G	23 years

FRISCO GROUP

GROVE NA

IRVING NA

Adria F	60 days
Terri Lynn	90 days
Georgia E	90 days
Aaron P	90 days
Sonya Y	90 days
Roger S	90 days
Christina F	6 months
Jason B	6 months
Marcus W	6 months
Ursula A	1 year
Bobby C	1 year
Shelley A	18 months
Bill R	18 months
Shelle	18 months
Wanda Y	4 years
Jerri J	10 years
Glenn S	14 years

JUST PLANO

LAST HOUSE

NORTHSIDE

Sherri	30 days
Andy A	30 days
Danielle W	30 days
Gregory C	30 days
Mark B	60 days
Samantha H	60 days
Lanrinda D	90 days
Sunshine	90 days
Raymund	90 days
Pete T	90 days
Kimberly M	6 months
Chad B	6 months
Tawny	6 months
Scott P	6 months
Tim G	6 months
Kathy W	18 months
Wendy	18 months
Al T	18 months
Gary C	18 months
David M	1 year
Gary C	1 year
Phillip P	1 year
Donier	1 year
Chong M	4 years
Jason W	4 years
Marcos A	6 years
Bruce H	7 years
Jimmie M	8 years
Daniel C	11 years
Nathan N	12 years
Kurtis F	12 years
Jerry N	15 years
John P	21 years

Raw

RED OAK GROUP

STONEWALL

David G	30 day
Jim	30 day
Amanda G	30 day
Fabien V	30 day
Wendy W	30 day
Chance M	30 day
Cynthia C	30 day
R Davis	60 days
Jose R	60 days
C Jones	60 days
Zych S	60 days
Janice	60 days
Doug W	60 days
Freddie F	60 days
Chad D	60 days
C Wilson	60 days
Patrick F	90 days
Cynthia P	90 days
Troy C	90 days
D Chris	90 days
Chalmers S	90 days
Mark F	90 days
Robeles	90 days
C Jones	90 days
John V	6 months
Keith	6 months
T Shackelford	6 months
V Ackel	6 months
D Woodard	6 months
Brandy Jo	9 months
Jason R	9 months
Rudy A	9 months
Al Q	9 months
Kimmie G	9 months
Carol G	9 months
Jeff C	9 months
Randall D	9 months
Randy B	9 months
Jessica T	1 year
Heather P	1 year
Crystal I	1 year
Wendell B	1 year
Sarah	1 year
Laura J	1 year
Jim A	1 year
Lynsey L	1 year
Shelia B	1 year
Shannon L	1 year
Tammy G	1 year
Daniel W	1 year
Nonnie D	18 months
James C	18 months
Crystal	18 months
Jackie W	2 years
Caren V	2 years
Steven L	3 years
Amber K	3 years
Tony C	4 years
Virginia Ann	7 years

TOWNEAST NA

WORK STEPS AND LIVE

WYLIE NA

Service-Work: A Tribute to my First Sponsor

First, let me state that I have many days in a row clean. I don't like to state my clean time because I still believe that all I every really have is "today". When I first came to NA, I was terrified: I was used to using alone or around my partner and had kept myself "isolated" within a subculture of the gay community subculture – a sub-subculture. To me, "all of a sudden", I needed help from "you people": male and female, black & white, Jewish and Christian, and … a whole lot of other "things" I had isolated from.

I was really "open-minded" so I picked a woman – Sandra W. – as my first sponsor because I "knew" no man would sponsor me as a gay man and – if a man did want to sponsor me – he would do so only because he wanted me sexually. This may sound strange but it made sense to me and I really did believe it !! I have changed and progressed since then, but I digress.

Continuing on, since you can see how "open-minded" I was, you can probably guess by now that I was also loaded and overflowing with honesty and with willingness – uh-huh … Of course my sponsor saw through all of this and was very patient with me during my first 30-60-90 days clean. Fortunately, what I did have was an overabundance of desperation !! This made me strongly "susceptible" and agreeable to the suggestions that she made: continuously.

Let me also state that my mind, body and spirit were also "mush" so I suffered from not remembering a whole lot, not being able to focus my eyes very well, not being able to read aloud without "stumbling" over every other word, up-and-down emotional rollercoaster rides, etc. But, with the "gift" of desperation, I kept coming back. I later learned several spiritual principles called persistence, commitment, etc. that apply here.

I won't bore most of you with the standard suggestions of reading, step work, meetings, reaching out, etc. But I will tell you that I had a *VERY* hard time with prayer since it felt "strange". However, those details are not germane to this story. What is more relevant were the progressive suggestions that my first sponsor made towards doing service work. She had me pick-up after the meetings and assist in making coffee during the meeting which I didn't mind too much because I figured I was keeping our meeting place clean and keeping fellow addicts "happy" with coffee. But … then she suggested that I take a chairperson's workshop !! I was annoyed, afraid, inquisitive and all those other feelings that come and go as a newcomer, but I decide t follow her suggestion.

So, I took the chairperson's workshop and made myself "available" to chair meetings. I was nervous and felt inadequate at first: *"no self esteem" rather than "low self esteem*. I also stumbled due to still being "foggy-headed" but I felt good about helping fellow addicts; besides, I was "going to a meeting anyway" … Actually, at that time, I was going to at least two meetings a day !! So, after I was doing this for several months, she suggested that I keyhold. I asked her for more information and I found that I would be r-e-s-p-o-n-s-i-b-l-e -- yikes !! – for opening one meeting-a-week. I was terrified. I didn't like having to be in a certain place at a certain time. I was still used to doing what ***I*** wanted to do. But, I was willing to give it a try.

I wound up keyholding meetings at that group for nearly two years and started getting more involved with service: keyholding at other groups, Area Service Committees, etc. I have been "hooked" on service ever since. Our "How it Works" reading states that:

> "… *one thing more than anything else that will defeat us in our recovery; … an attitude of indifference or intolerance toward spiritual principles. Three … that are indispensable are honesty, open-mindedness and willingness.*"

So many times when I have approached members to participate in service work – and heard similar stories from others doing the same -- I have heard excuses (dis-honesty), fear (close-mindedness), apathy (unwillingness), etc.

"I don't have the time": If you can make time for one-hour meetings, you can make time for – oh say -- something like being a liaison to your home group for one or more Dallas Area Subcommittees. This is a commitment of between 1 and 3 hours per month. It carries the message of recovery to your home group, it broadens the sides of one' own "personal recovery pyramid" thus enabling a "higher …

point of freedom" – more on this "circle-square-pyramid 'thing'" later. It assists one in communication skills and helps build unity – more on this later.

"I don't think I could contribute much": NA's principle of anonymity – as well as Tradition 3 – ensures that "one addict is never superior to another". Further, every member has and deserves a voice in a service body such as their home group or Area Subcommittee (Concepts 7 & 9). Your voice is just as important as ***any*** member.

"I've been meaning to do it …maybe next month: In our Basic Text's *Recovery and Relapse,* states that "To improve ourselves takes effort … Since we can do this only for ourselves, we need to recognize two of our seemingly inherent enemies, apathy and procrastination." In other words, our disease pre-disposes us to putting forth no effort: no effort – no improvement and our disease "wins" !! This reminds me of the many times I said I would "stop using tomorrow".

However, this does not mean you should get into service because your "sponsor says so" or because you need to "get out of the house more often", or because you think it will make you feel " more important". The latter is nothing more than ego and using something on the outside to fix something wrong on the inside. This should sound familiar … more on "ego" shortly".

Service work is a {very important) part of the whole NA program. Our Basic Text's "symbol page" – you know, "that funny-looking circle-square-pyramid 'thing'" – states that:

> "*Good will is best exemplified in service; proper service is 'Doing the right thing for the right reason'.*"

Remember when you first got clean and your sponsor suggested – "told" -- you to "do something nice for someone and don't tell anyone" ? This means that our motives are "pure" -- we get to do something good just for the sake of doing something good: *not for "braggin' rights"*. Further, on the last page of Basic Text's *Introduction*, it states:

> "*Everything that occurs in the course of N.A. service must be motivated by the desire to more successfully carry the message of recovery to the addict who still suffers.*"

The key word there – in case you blinked and missed it – was "motivated". If one is motivated by ego -- "**E**dging **G**od **O**ut" -- it reflects on the efforts of the whole and disturbs / upsets our "Group Conscience" (Tradition 2 and Concept 6). However,

> "*When Good will supports and motivates both the individual and the Fellowship, we are fully whole and wholly free.*"[1]

This ***is*** the miracle of recovery: *freedom* !! We hear every meeting when we read "The Twelve Traditions":

> *It usually isn't until we get involved with service that someone points out that 'personal recovery depends on N.A. unity,' …*"

What does this mean ? In essence, it means that anything I do to strengthen NA unity will – in the long run – benefit my own recovery. How ? Well, "we can ***only*** keep what we have by giving it away". But then, there are those that would say:

> "*I already do enough service work through sponsorship.*"

Great !! But this is only one-half of service work. It is just another excuse along with apathy and complacency !! I believe that every NA member bears the personal responsibility – in their own special way – to "keep what they have by giving it away" by freely sharing the NA message to the still suffering addict as well as ensuring that NA itself survives. By doing service work, you ensure the survival of NA as a whole and further your own recovery. Who knows, you might even learn something. To paraphrase what a member of my home group says,

> "As a member of this fellowship, if you are not doing service work and giving back, then you are just a tourist; you are 'stealing' from the program of Narcotics Anonymous".

To put it another way,

> "… *N.A. service allows us to spend much of our time directly helping suffering addicts, as well as ensuring that Narcotics Anonymous itself survives. This way we keep what we have by giving it away.*"[2]

and …

> "*We learn that service to others will get us out of ourselves. … Doing these things helps us feel a part of the Fellowship.*"[2]

Further,

> "*Sharing with fellow addicts is a basic tool in our program. This help can only come from another addict. … For anyone who wants our way of life, we share experience, strength, and hope … If sharing … helps just one person, it was worth the suffering. We strengthen our own recovery when we share it with others who ask for help. If we keep what we have to share, we lose it. Words mean nothing until we put them into action"*[2]

Finally,

> "*We recognize our spiritual growth when we are able to reach out and help others. We help others when we participate in service work and try to carry the message of recovery to the addict who still suffers. We learn that we keep what we have only by giving it away. Also, our experience shows that many personal problems are resolved when we get out of ourselves and offer to help those in need. We recognize that one addict can best understand and help another addict. No matter how much we give, there is always another addict seeking help.*"[2]

Consider "giving of yourself" generously so that "no addict need die from the horrors of addiction".
This is a worldwide fellowship: explore it !!
You might start to feel better and even help yourself.
Thank you and God bless.

-- David M. (TownEast NA)

<u>Footnotes (References):</u>

1) *Basic Text*'s "Our Symbol" page"
2) *Basic Text* – "What can I do ?"

GROUPS NEEDING SUPPORT

AWAKENINGS GROUP Is in need of trusted servants and support for all groups; now has a Monday night ask– it—basket or literature study
New meetings Wed and Fri. 6:30pm;
Men's meeting 10am Sundays
Women's meeting 1pm Sundays
359 Lake Park Rd. #111 Lewisville TX. 75057

CENTRAL GROUP 8pm meeting need support
1810 Hall St. Dallas TX. 75204

EASTSIDE GROUP Need women support that is willing to provide sponsorship
Sunday nights 8pm
Cross Bend Christian Church
801 Cross Bend Rd. Plano TX. 75023

FRISCO FAITH NA
New Group Needs support
Alter Church
Main & Preston
9195 Preston
Meeting time Sun 4;30, Tue & Thurs. @7pm

GROVE GROUP Needs support for women meeting on Sundays @ 3pm.
Now has a candlelight meeting 10pm Fridays

IRVING GROUP Birthday Night 1st Saturday night of each month, Dance after meeting
2003 N. Britain Road
Irving Texas 75061

JUST FOR TODAY GROUP needs women for support and sponsorship
2805 Lee St. Greenville TX. 75401

LAST HOUSE ON THE BLOCK Needs women support has an 8pm candlelight meeting on Sunday nights 5835 Penrose Ave. (at Bremen) Greenland Hills United Methodist Dallas, TX 75206

MIRACLES & SOLUTIONS New **address**

Needs support meets @ 2516 Metropolitan (Metropolitan & Atlanta)
Meetings –7 days a week@8pm

MCKINNEY GROUP Needs support
Effective June 2nd new meeting location
Wesley United Methodist Church
2705 W. Virginia Parkway #106A
McKinney, Texas 75071

NORTHSIDE GROUP Needs men and women support on Tues@6pm for stag meeting

POSSIBILITIES GROUP Needs support
6404 Paige Rd. Colony Church of Christ
The Colony TX. 75056

RED OAK NA GROUP
Mon/Fri @ 8pm on Ovilla Rd. about 5 miles East of IH-35 South

ROCKWALL GROUP Needs support Sat. @7pm
NO SMOKING ON THE PROPERTY

STONEWALL GROUP DUE TO A LARGE FEMALE TREATMENT ATTENDANCE FROM SALVATION ARMY @ 7:30PM TUESDAY AND THURSDAY WEEKLY MEETING, WE DESPERATELY NEED FEMALES WILLING TO SPONSOR OR SUPPORT NEWCOMERS. IF YOU ARE A WOMAN WHO HAS SAID IN THE PAST," I WOULD LIKE TO DO AND I SERVICE.." PLEASE CONSIDER SUPPORTING THESE MEETINGS 5415 Maple, # 349 Bldg. 300 -- Entrance in Rear (Access via Butler)
Dallas, TX 75235

TOWN EAST GROUP 9:30pm meetings in need of support 2209 Gus Thomasson at Motley (behind-motley-mart)
Mesquite, TX 75150

UNIDOS PODEMOS Needs support Now meets @ 4315 San Jacinto St. 75204

WAXAHACHIE GROUP needs support
Ferris Ave. Baptist Church Annex
120 N. Hwy. 77 (Dallas Hwy)
Waxahachie TX. 75165

WORK STEPS AND LIVE needs support
Tuesday and Thursday Book Study; noon meeting needs support; Spanish meeting Sundays at 5pm 2125 SW 3rd St #410
Grand Prairie TX. 75051

WYLIE NA needs support

GROUP AREA EVENTS

Dallas Area 30th Anniversary

November 14, 2009
Sterling Hotel
1055 Regal Row
Dallas, Texas 75247
Contact: Felicia W 214 732-7490
or John S 214 923-1980

Grove NA Group
Talent Show & Dance
September 12, 2009

Awakening 10th Anniversary
Noon till 9pm
September 12, 2009
201 South Mill St
Lewisville, Texas

Irving NA Group
Annual Speaker Jam
September 19, 2009

Rockwall NA Group
September 19, 2009
Potluck in the Park

Eastside NA Group
FOOD, FELLOWSHIP & RECOVERY
12PM-8PM
SEPTEMBER 26, 2009

Is your group having an event that was not mentioned here? Would you like to see your groups events published in the Cleansheet for the Dallas Area to see?
Email us **cleanheet@dallasareana.org** and let us know.

REGIONAL ANNOUNCEMENTS

LONESTAR REGIONAL OUTREACH
PENPAL COORDINATOR

NEEDS VOLUNTEERS to write inmates seeking recovery!
Only 6 months clean time required. This is a great way to do service work from your own home. Get involved and help the still suffering addict behind the walls. To get involved or for more info;
email : penpals@lsrna.com

OTHER AREA NA EVENTS

Fort Worth Area H &I Learning Day
Back to Basics
Noon till after Dance
4720 Wichita St.
Ft. Worth, Texas 76119

SERVICE OPPORTUNITES IN OUR AREA!!

DALLAS AREA SERVICE MEETING
September 6th @ 1:30pm @ Red Oak NA Group

COME AND GET INVOLVED IN SPREADING THE MESSAGE OF HOPE

DALLAS AREA SUB-COMMITTEE MEETINGS

NEWSLETTER SUBCOMMITTEE
September 12th @ 9:30 am@ TownEast NA Group

LITERTURE REVIEW
September 12th @ 9:30am @TownEast NA Group

PUBLIC INFORMATION SUBCOMITTEE
September 12th @ 9:30 am @TownEast NA Group

WEBPAGE COORDINATION SUBCOMMITTEE
September 12th @ 9:30 am @TownEast NA Group

OUTREACH COMMITTEE
September 12th @ 10:00 am@ TownEast NA Group

SPECIAL EVENTS COMMITTEE
7:15pm @ Northside Group
Contact Felicia W 214 732-7490 for dates

HELPLINE COMMITTEE
September 27th @ 10:30am @ Stonewall Group

POLICY SUBCOMMITTEE
September 12th @ 9:30@ TownEast NA Group

H&I SUBCOMMITTEE MEETINGS
September 20th @ 2:00pm @ Stonewall NA Group

Subscribe to The Cleansheet and have a meeting in written format in your mailbox once a month for only $12.00 a year. Send check or money order to The Cleansheet, PO BOX 12094, Dallas, TX., 75225

Name_____

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