THE CLEANSHEET®

Dallas Area Newsletter
September 2010©

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

"WE ADMITTED THAT WE WERE POWERLESS OVER OUR ADDICTION, THAT OUR LIVES HAD BECOME UNMANAGEABLE. "

STEP ONE

NEXT MONTH'S TOPIC

POWERLESSNESS

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**
Or robynmundt@gmail.com
By September 24th for the October Edition
If you don't have access to email and would like to submit an article call Robyn M. @ 972-835-7047

IT'S YOUR BIRTHDAY!!!

A WHOLE NEW DEAL
Tara 30 days
Jay M 60 days
Juanita W 90 days
Jessica M 90 days
Brande M 6 months
Jurdyn 9 months
Erica 1 year
Valerie K 18 months
Reuben N 2 years
Dave 10 years

CARROLLTON F B
Lee P 30 days
Lauren O 30 days
Shelby H 90 days
Martin G 6 months
Melinda 18 months
Jason W 5 years
Jon P 22 years
Ron W 31 years

CENTRAL
Wendell 90 days
Ezekiel J 9 months
William H 1 year
Michelle Mc 1 year
Dionte G 2 years
Jackie W 3 years
Cedric W 6 years
John Roy P 7 years
Renea B 9 years
Ruby B 11 years
Pam Mc 13 years
Angela A 16 years
Marilyn C 19 years

DUNCANVILLE
Michelle B 90 days
Tamara W 6 months
Latonja T 9 months
Mary A 1 year
Leroy Mc 18 months
Tampatha 18 months
Terence P 3 years
Janine A 3 years
Melanie G 7 years
Kim M 7 years
Darryl H 8 years
Bridget W 19 years

IRVING NA
Alan W 30 days
Jimmy 30 days
Todd 30 days
Sonya 30 days
Shelly 30 days
Matt 30 days
Eli 60 days
Angela 60 days
Jamie J 90 days
Alexa 90 days
Fred 90 days
Shelle 6 months
Charlie 6 months
Shannon M 9 months
Tabatha K 9 months
Brenda L 9 months
Anthony S 1 year
Jason B 1 year
Jonathan W 18 months
Ursula A 2 years
Bobby C 2 years
Sally 3 years
Stephanie 5 years
Mary D 6 years
Glenn S 15 years

JUST PLANO
Kathy S 21 years

MCKINNEY NA
Ricky 60 days
Matt C 90 days
Margaret B 6 months
Gabby 6 months
Neal 9 months
David P 1 year
Jan 18 months
Roxy S 2 years

NORTHSIDE
David M 30 days
Tori 30 days
Mark B 30 days
Betsy C 60 days
Amie F 60 days
Michael J 60 days
Lasinda 90 days
Tania 90 days
Jonathan H 90 days
Johnathan 90 days
Will M 6 months
Trisha H 6 months
T 6 months
Chad B 9 months
Debbie F 9 months
Mathew W 1 year
Tawny S 18 months
Deana D 18 months
Donier 2 years
Chong M 5 years
Bruce H 8 years
Jimmie M 9 years
Kurtis F 13 years
Nathan N 13 years
Suzane P 15 years
Jerry N 16 years

RAW GROUP
Melanie 18 months
Winn 2 years
Richard D 10 years

SEAGOVILLE GROUP
Ashlie A 30 days
Joshua F 30 days
Chasity R 90 days
Pamela B 90 days
Barbie B 3 years

STAY ALIVE KAUFMAN
Marsha P 9 years

STONEWALL
Ronnie B 30 days
Eula 30 days
Derrick W 30 days
Mark M 30 days
Kiecy 30 days
Arnell 30 days
Poochie 30 days
Frank D 60 days
Myayana R 60 days
Virgil L 60 days
Laron T 60 days
Angela 60 days
Zac S 60 days
Latrice 60 days
Shawna S 60 days
Katherine C 90 days
Joe G 90 days
Alan B 90 days
Dean P 90 days
David B 90 days
Oscar D 6 months
Kevin J 6 months
Tony S 6 months
Virvk S 6 months
Clarence J 6 months
Rodney D 6 months
Juan D 6 months
Derrich S 6 months
Doug S 9 months
Carlton G 9 months
Wendy C 9 months
Larry B 9 months
Michael L 9 months
Mike Da 9 months
Brent C 9 months
Thomas R 9 months
Deborah V 9 months
Rachel M 9 months
Calloe M 1 year
Sharon R 1 year
Rolledo 1 year
Crisco 1 year
Brandit 1 year
Deidra Y 1 year
Luis M 1 year
Tommy T 1 year
Danny L 1 year
Creashera R 1 year
Shandrieha S 1 year
Paul M 1 year
Kimberly W 18 months
Sharon R 18 months
Tracee L 18 months
Ruben Z 18 months
Billiemae R 18 months
Pamela Y 18 months
Stacy H 18 months
Kitra 2 years
Jesse A 2 years
Steve R 3 years
Al S 4 years
Laura M 4 years
William S 5 years
JW 9 years
Tina L 17 years
Bessie R 25 years

TOWN EAST NA
Valerie H 30 days
Yesenia 30 days
Candace B 60 days
Stephanie L 60 days
Candace S 60 days
Angela 90 days
Michelle S 6 months
Anna R 6 months
Gary H 6 months
Moshe 6 months
Rhonda C 1 year
Shannon S 18 months
Beth A 6 years
Marsha P 9 years
Little Bit 11 years
Patrice D 14 years

If you are reading this Cleansheet please submit articles, art work etc. Share your experience, strength and hope! Get involved today!!!

In Loving Service
Cleansheet_Chair

SERVICE SPEAKS

Hello Dallas Area! I wasn't able to make the last Area Service Conference because I was attending a family reunion in Illinois. The highest temperature was mid 80's, it was a nice break. I attended the Multi-subcommittee meeting at Town East that was preceded by a service speaker meeting. Mary D our new Public Information chair was the speaker. Thanks Mary. Six committees, Admin and several groups were represented. Some groups have elected a liaison to attend and report back to the group. Next meeting will be 9-11-2010. The meeting starts at 1:30 pm although Irving Group has voted to host a service speaker meeting for their noon meeting. Most of the meeting was open forum and everyone in attendance enjoyed the meeting. I also attended the Hospitals and Institutions committee meeting at Irving. The overriding topic was the Dallas County Judicial Treatment Center.
It is now operated by Phoenix House (Formerly by Cornell Corp). There is a new attitude since Phoenix House took over and we are expanding our meetings. And if you haven't heard Back on Track Group is the newest Group in the Dallas Area. This is 7:00 pm on Saturday night. This is a limited access group, you have to attend an orientation in order to go in any of the units out there. This new attitude and growth means that H&I is calling out to the Dallas Area for members to get involved. We currently have 3 units that do not have NA meetings of any kind. If you are interested please contact any member of the H&I committee.
Also LSRSO has received several pieces of new literature. Two IPs 24 and 28 help explain why we need to dig deep into our pockets to support our fellowship and where the money goes. Also the new In Times of illness is available with a ton of new information. This piece has brought a tear to my eye. A couple of years ago WSO put out an incredible new Public Relations Manual. It's got information about every area of our fellowship. Unfortunately it is very large and many of us never took the time to read it. If you are one of "many of us" there is a new 12 page pamphlet that has a lot of the same info in it. It is called PR Basics. Mary D. (new Public Information Chair) and myself will be more than happy to come to your group to lead an open forum discussion on these new pieces.

Tony P
Dallas Area Co Facilitator

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.

Thank you,
The Dallas Area Newsletter Sub-Committee

To hope is to look forward to with desire and reasonable confidence; to believe, desire or trust; to feel that something desired will happen.
My name is Lisa and I am an addict. Just for today I am clean by the grace and unfailing love of my Higher Power. I am grateful for the gift of desperation and hopelessness that I have been allowed to experience. In order for me to seek freedom, I had to go through my own personal hell. Thank God I lived to tell about it! I've known the NA program for a while and visited for about 3 years-abstaining but not fully wanting recovery. I needed it, but didn't want it. Eventually, I went back out to experience all that I thought I had "missed" out on. That's where I found true hopelessness! Reality hit as I knew that I was a hopeless dope fiend because I had tried everything and nothing worked. I knew I was going to die in my addiction.
Thank God I had a Higher Power that saw things in me that I didn't believe existed. A Dallas County judge saved me from myself by requiring a 45 day rehab program or a 2 year state penitentiary sentence. As any good addict I chose to be out of the game only 45 days with no intention of staying clean. During that stay I was given the gift of surrender and humility as I had never known before.
Since then, a lot has changed in my life thanks to my NA family, who welcomed me back with open arms. I gratefully accept a daily reprieve from my active addiction. By doing so, I have been given the gift of life and the opportunity to work the steps toward recovery. My God has granted me a second chance that I didn't think was possible. By working the NA program and being a part of recovery, I am allowed to see miracles happen every day. Along with that, my hope for recovery is renewed. Today my life is filled with the hope that "an addict, any addict, can stop using drugs, lose the desire to use, and find a new way to live." (Basic Text p. xix) This hope comes from seeing others stay clean and change their old attitudes and ideas. By accepting who I was and what I had become, I am free from old ideas. Today I hope to become the person I've always wanted to be, to continue in God's will, and to carry the NA message of recovery to others who have been lost in the hopelessness and doom of active addiction.
Here's the real "hope-shot". "In our experience, no addict who has completely surrendered to this program has ever failed to find recovery."(Basic Text p 90)

Lisa R – Town East Group

MY EXPERIENCE WITH HOPE

N.A. was the first place I **EVER** felt any hope to have any kind of productive life. I now know that I had received the gift of desperation that led me to that point. After showing up at a N.A. meeting I realized that these were the same people that I had been running with for most of my life. The faces and names were different, but after I listened a while I knew that you were the same group I had ran through life with. This was very important to me because I felt like if all of you could change your way of living and dealing with life then maybe I had a chance also. I was taught to sit through the whole meeting and listen and maybe something would be said that would save my life. I am not sure what the point was; but one day I realized that I had gone a whole day without thinking about doing drugs. This was a complete astonishment to me. It had been years since I had been free of thinking about using all day long.

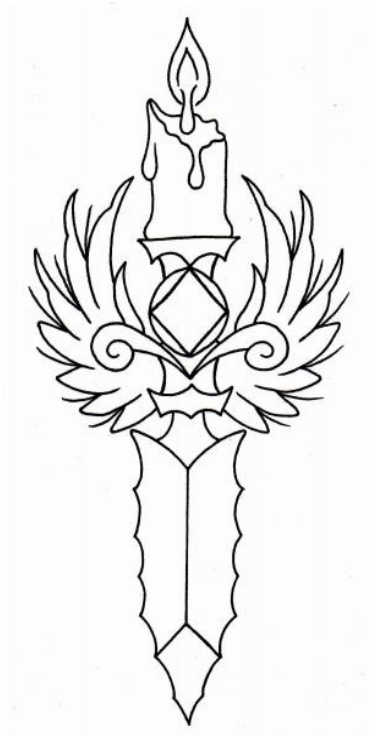
I have changed a great deal since the first days I walked in the doors. I am very grateful for the people that have been put into my life as a result of sticking around. On a daily basis I try to remember; my first glimmer was the hope that if all of you could do this that I may be able to also. If you are new to this way of life; hold on to that hope....It works as well as the effort we put into it. Thanks for allowing me to share this.

Rusty M—Town East Group

GROUP CONTRIBUTIONS

I'm an addict my name is Ely. Our message: That an addict, any addict, can stop using drugs, lose the desire to use, and find a new way to live. Our message is HOPE. I've been in N.A. since January 18, 2002, my clean date is September 4, 2004. That day I was granted the gift of desperation, one week after my wife died from a drug overdose. I was in and out of N.A. for the first 2 1/2 years (condition of CPS). I did not consider myself a member, lacking the desire to stop using. No matter if you're ready for recovery or not, going to meetings you see and hear things. Such as people who have found a way out staying clean Just For Today, our promise, our message and for that I'm grateful. The basic text says: this is a book about addicts, by addicts, and for addicts.Many books have been written about the nature of addiction this book primarily concerns itself with the nature of recovery. If you are an addict and have found this book, give yourself a break and read it. This is a great source of HOPE for me. On the day my gift was granted, as I came to from my last run and sat on the edge of my bed, all the feelings (desperation, uselessness, guilt, shame, fear and yes hopelessness), I knew I was at the end of the road. I could not find any HOPE. I arrived at my last treatment center on September 11, 2004. Two days later on Monday a little lady (15 years clean) walked up, looked up at me and asked, are you Ely? I replied yes. She told me I guess you should come sign your life away (in -take). I looked down at her and said "I don't have a life". Again looking up at me smiling she said "you will". That was the little spark I could not find. My, our HOPE. September 4, 2010 six years clean. Today I am a member of the no matter what club.

Ely R—Town East Group



Kristian F—Town East Group

HOPE

Hope, the one feeling that drives us to try again and again after each failed attempt. Hope will bring the best out of the worst situations. From hope breeds excitement, joy and determination. When all else fails, hope can cause us to go that extra mile. Have I ever been truly hopeless? Is that the same as being defeated? Even in defeat we hope for a second chance. If hope was not the center of human emotions, then is it even possible to fail more than once? When we hope we believe in the impossible, but then once we have accomplished the impossible, does not all else become probable? I believe hope is doled out on a sliding scale. When I was a child I had hope for things and events, as a young adult I had hope for those and more. Deeds to accomplish, dreams to happen. As an addict I had hope against hope. I guess they sort of cancelled each other out, my definition of hopeless. I'm still addicted and my version of hope is broader today. I hope to remain clean, I hope to succeed and I hope like hell that this disease does not kill me. I have hope in others, that their way is my way. I have hope in God, that he still has hopes for me. I hope he listens and I hope he teaches. I hope he loves and I hope my piss poor choices have not caused him to give up hope. Hope equals faith and faith fosters desire. Without either all hope is lost.

Kevin H—Phoenix House

NA Members Needed

Some of you may have heard of Cornell, it's now called Phoenix House and the Dallas Area H&I and Outreach subcommittees have been invited to provide our experience, strength, and hope with the men and women at this facility. This is a great opportunity to share your gift of recovery with a new member of our program.

NA is alive and well at Phoenix House. With help from the members of the Dallas Area, a request for assistance in creating a group was answered. The men of Unit B have formed an NA group. This is the first institutional outreach group in the Dallas Area! Exciting times are upon us. Back on Track meets every Saturday at 7PM at 200 Greene Rd, Lancaster, TX 75146 on Unit B. This is a men's limited access meeting and an orientation is required to attend. To learn more about how you can attend a meeting at the Back on Track Group or to get involved in carrying the NA message of freedom from active addiction to any of the H&I or Outreach meetings at this facility please contact Robert S at 214-283-0973. There is a 6 month clean time minimum to attend any of the meetings at this facility and 2 year minimum to sponsor.

If you would like more information on how you can get involved with H&I or Outreach at any of the facilities the Dallas Area of Narcotics Anonymous attends please contact
Jack T. Dallas Area Outreach Chair 214-686-1755
Mike H. Dallas Area H&I Chair 214-476-3130

GROUPS NEEDING SUPPORT

A WHOLE NEW DEAL All meetings
300 W Oak St Denton, TX 76102

AWAKENINGS All meetings
201 S Mill St Suite 121, Lewisville, TX 75057

CARROLTTON/FARMERS BRANCH All meetings
2536 Valley View Lane, Farmers Branch, TX 75234
1901 East Peters Colony, Carrollton, TX 75007

CENTRAL GROUP 8PM meetings
1810 Hall St., Dallas, TX 75204

DOORS 2 RECOVERY All meetings
9888 Ferguson Rd., Suite 155, Dallas, TX 75288

GROVE GROUP 8PM meetings
2084 N Jim Miller #103-C, Dallas, TX 75217

IRVING GROUP 8PM and 10PM meetings
2003 N Britain Rd., Irving, TX 75061

MIRACLES & SOLUTIONS 9:30 Saturday Speaker
2516 Metropolitan Ave, Dallas, TX 75215

ROCKWALL NA 7PM Saturday meetings
701 E I-30, Portable Bldg E (Lakepointe Church)
Rockwall, TX 75087

SEAGOVILLE GROUP All meetings
106 E Malloy Bridge Rd, Seagoville, TX 75159
1st United Methodist Church

GROUP EVENTS

Grove Group
September 11
Talent Show
8PM-12PM

McKinney Group
September 18
Service Speaker Jam
12PM-8:30PM

Raw Group
October 2
6th Year Anniversary
10AM-10PM

Duncanville Group
24th Year Anniversary
September 3 from 6PM-9PM
September 4 from 1PM-9PM
September 5 from 1PM-9PM

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.

LONESTAR REGIONAL INFO

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

SERVICE OPPORTUNITES IN OUR AREA!!

DALLAS AREA SERVICE MEETING

October 3, 2010 @ 1:30pm @ Grove Group

COME AND GET INVOLVED IN SPREADING THE MESSAGE OF HOPE

DALLAS AREA SUB-COMMITTEE MEETINGS

All groups are invited to get in the rotation for hosting the multi-subcommittee meeting. You may not know how to get your group in the rotation but would like to. The multi-subcommittee meeting is held the second Saturday of every month at 1:30PM. We ask you to take this information to your group conscience and ask if your group is willing to change the noon meeting format to a speaker meeting for this one day so that we can have a speaker talk about service. If your group approves please send a liaison to the next multi-subcommittee meeting and we will schedule your group for the rotation. Hosting the multi-subcommittee meeting is a great way for your group to get it's members involved in Dallas Area Service!

H&I SUBCOMMITTEE MEETINGS
Mike H (Chairperson)
huangme@post.harvard.edu
September 19, 2010 @ Irving@2:00pm

HELPLINE COMMITTEE
Ron W (Chairperson)
rpjj@sbcglobal.net
September 26, 2010@ Stonewall@10:30am

LITERATURE DISTRIBUTION
Valerie F (Chairperson)

LITERTURE REVIEW
September 11, 2010 @ Irving Group@1:30pm
OPEN POSITION

NEWSLETTER SUBCOMMITTEE
Robyn M (Chairperson)
cleansheet@dallasarena.org
September 11, 2010 @ Irving Group@1:30pm

OUTREACH COMMITTEE
Jack T (Chairperson)
jackthomas1230@yahoo.com
September 19, 2010 @ Town East NA Group@10:00am

PUBLIC INFORMATION SUBCOMITTEE
Mary D (Chairperson)
mary@redinktexas.com
September 11, 2010 @ Irving Group@1:30pm

SPECIAL EVENTS COMMITTEE
Sharon A
Specialevents.na@gmail.com

WEBPAGE COORDINATION SUBCOMMITTEE
Dave M (Chairperson)
webmaster@dallasareana.org
September 11, 2010 @ Irving Group@1:30pm

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