



## *The Dallas Area Newsletter March 2012*

Drug Problem? We can help.

Helpline: 1-888-NAWORKS or 972-699-9306

En Español: 1-888-600-6229

### NEXT MONTH'S TOPIC

"Sponsorship" pg. 57 Basic Text

We have found it helpful to have a sponsor and to use this sponsor. Sponsorship is a two-way street. It helps both the newcomer and the sponsor. The sponsor's 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 its approach, but it is the heart of the NA way of recovery from addiction—one addict helping another.

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[cleansheet@dallasareana.org](mailto:cleansheet@dallasareana.org)**

#### **EDITOR'S DISCLAIMER**

*Before sending anything in to us at the Cleansheet please be advised of the following disclaimer:*

By submitting your entry you are agreeing that, if selected for publication, your material may be edited in keeping with NA's understanding of the Twelve Steps and Twelve Traditions. Submissions may be copyedited to ensure ease of comprehension and adherence to the rules of English grammar such as word substitution and sentence structure revisions.

# GROUP BIRTH-DAYS

## CEENTRAL

Chris P 30 days  
James G 6 months  
Monica P 6 months  
Sherry T 6 months  
Kelvin B 9 months  
JoJo S 9 months  
Joyce M 9 months  
Thomas T 1 year  
Kiecy R 18 months  
Edward C 2 years  
Tarrance B 3 years  
Randell A 4 years  
Karla P 7 years  
Luckey G 10 years  
Jason S 10 years  
Larry h 11 years  
Chris C 11 years  
Barbara R 13 years  
Wayne B 13 years  
Tommy S 14 years  
Barbara R 15 years  
Anita I 16 years  
Linda G 16 years  
Valarie B 17 years  
Don B 20 years

## DE SOTO NA

Gene M 30 days  
Gordan H 90 days  
Camille 18 months  
Ken M 21 years

## IRVING

Jessica S 30 days  
Ron S 30 days  
Chris N 60 days  
Christine B 60 days  
Alicia H 60 days  
Sarah D 60 days  
Stephen F 60 days  
Tabitha R 90 days  
Donald J 90 days  
Chris P 6 months  
Steve C 9 months  
Vickie R 9 months  
Bill G 9 months  
Brady 1 year  
Paul A 18 months

Theresa F 18 months  
Tawny 3 years  
Jason B 3 years  
Shelly A 4 years  
Paul S 5 years  
George D 6 years  
Joe H 7 years  
Ellen 10 years  
Dana R 11 years

## JUST FOR TODAY

Art O 17 years

## MC KINNEY NA

Candis 60 days  
Skylar 60 days  
Andy 60 days  
Jamie 90 days  
Constantine 90 days  
Charlie 90 days  
Ken 6 months  
Stacy 1 year  
William 5 years  
Pam 10 years

## MIRACLES & SOLUTIONS

Jeff S 1 year  
Unique 1 year  
Thomas T 1 year  
Pamela W 2 years  
Marcella m 21 years

## LAST HOUSE on the BLOCK

Lacy H months  
Neal M 4 years  
Jennifer D 8 years  
Kevin M 23 years  
Jaun Louis P 23 years

## RAW GROUP

Esther 1 year  
Dionne 18 months

## STONEWALL

Madeline 30 days  
Wilson 30 days  
Donna 30 days  
Danny S 30 days  
Johnny J 30 days  
Dirk W 30 days  
Willie W 30 days  
Keith F 30 days  
Synoria P 30 days  
Windi 60 days  
Lindell B 90 days

Brandon H 90 days  
Marco M 90 days  
Randy 90 days  
Donny 90 days  
Lem B 90 days  
Jim S 90 days  
Jonathan H 90 days  
Marilyn S 90 days  
Jim M 6 months  
Houston D 6 months  
William F 6 months  
Marvin S 6 months  
Amy M 6 months  
Owen C 9 months  
Denise D 9 months  
Daniel S 9 months  
Andrea B 9 months  
Janette V 9 months  
Fred G 1 year  
David C 1 year  
Cyndie R 1 year  
Glen S 1 year  
Wilson B 1 year  
Daniel C 1 year  
Eyla 1 year  
Sandra 1 year  
Lillie B 1 year  
Josephine J 1 year  
Susan F 18 months  
Lloyd T 18 months  
Mike m 3 years  
Billie M 3 years  
Pablo P 8 years  
Gerald D 19 years

## TOWN NEAST GROUP

Jimi H 30 days  
Amanda R 30 days  
Kendra W 60 days  
Phillip 60 days  
Zac C 6 months  
Jimmy H 9 months  
Melinda G  
Natalie G 1 year  
Jeanette B 18 months  
Donna H 18 months  
Hollie S 1 year  
James P 2 years  
Shannon S 3 years  
Elisha M 5 years  
Monty S 5 years  
Robyn M 6 years  
David M 12 years

# GIVING BACK WHAT IS FREELY GIVEN

I feel this is something we have forgotten about. We all want meetings and events but very few step up to fill the service positions. Service is a very important part of recovery. Without it many of us would not be clean today. I know for myself that service is how I stay clean. It helps me stay connected and give back what was freely given to me.

I realize I've only been around a short time but I've found that service is a privilege not a right. I am honored to be elected to my service positions at group and area levels. I came into this program with preconceived thoughts about what the program was about. Before my wife finally convinced me to attend an NA meeting I had this idea of what it would be like: I thought we would go sit in room full of people shaking and rocking back and forth going through withdrawals from their drug use but I was quickly shown my thought was wrong. I was welcomed with open arms by everyone there even though they didn't know me or why I was there or if I would stay. I was told they didn't care why I was here just that I was welcome and to keep coming back. And I did. Now I have just over 2 years clean and I know I could never have managed to stay clean with out NA. I've met a lot of good people in this program. Some I would even call friends. My sponsor told me when I first came into the program that if I want to learn something I should take the cotton out of my ears and stick it in my mouth. I took that suggestion and I have learned a lot from everyone I heard share.

My sponsor also suggested that I get into service early in recovery if I wanted to make it and I did. At first when I came to NA I had these thoughts that I didn't need this hack. I was a fireman for 5 years. I ran into places everyone was running out of. I can handle this on my own. How is this guy (my sponsor) going to teach me anything. I'm about 10 yrs older than him.

I took some suggestions and realized I couldn't do it on my own and I actually learned a lot from him. He had something I wanted : 3 yrs clean. I wanted to know how to achieve this. He told me working the steps and service is the only way. Now I see groups struggling to survive due to lack of trusted servants and lack of funds due to low 7th traditions. How can we effectively carry the message to the still suffering addict without trusted servants and money to buy literature? I know our literature says to give if you can and keep coming back if can't and someday you will.

I for one would never tell anyone not to attend a meeting due to lack of ability to donate to the group. But if you can afford Starbucks and Newport's you can afford to give something. That's how our groups carry the message of hope to the still suffering addict: through literature and meetings. Without funds the group can't afford to pay rent or buy literature. We as a whole carry the message of hope by doing service work and giving back what was freely given to us.

Here in NA we have but one primary purpose : to carry the message of hope to those still suffering. We have but one promise: freedom from active addiction.

If you so chose through the steps and traditions you will never have to use again.  
Joe Y.

South Shore Area NA

**GROUP CONTRIBUTIONS****“My Gratitude Speaks when I care and when I share with others the NA way”**

I began giving back to fellowship in early recovery by attending Group Conscience my first month clean and was asked for my opinion as I was a newcomer and that hooked me from the start. As my clean time grew so did my involvement in service and I began to come to believe from my own personal experience that “The wider the base the higher the freedom” was a true statement and that I was blessed with the joy of getting to go to meetings all over and looking forward to seeing people who not only knew me when they saw me but were glad to see me. No longer did I feel like people were regretting seeing me when I walked into a room.

Today I am grateful for my ongoing opportunity to be of service because I know that this is my home and that this is where I belong. Before I came to NA I was always feeling apart from everyone around me and that I did not belong. When I got here I was suffering from a living problem and my lifestyle was slowly killing me and what I needed was a new lifestyle and so I adapted my life to the program for many years. Now this has not always been true throughout my whole time being clean, I went through a period in my life at 5 years I thought I needed to step back from service and be more focused on my life and in a short time I had a new Wife, a new House, 2 dogs, a motorcycle, a car, 2 jobs & no meetings and more miserable than I had ever been in my life because I was without the benefit of medication or recovery and life on those terms was nothing but suffering.

Today I am single again and working just one job and spend all my free time involved in service and cannot say I have ever been this happy or felt being loved by so many people and Just for Today I would not want to change or trade any part of my life. So in short I know that being of service is where I am happiest and I also know that for me that being able to admit I am an addict means that I never have to feel alone. Today I am grateful to feel a part of.

In Loving Service  
Anonymous

**GROUP CONTRIBUTIONS****FEELING A PART OF**

This really is interesting to me. One of my favorite things to do even today 2 years into N.A. is isolate. When the pain of life is too great even human contact can even be painful. I am continuing to work my program, go to meetings (whether I want to or not); do the step work, talk to my sponsor and do service work to keep me from using isolation as a coping tool. It is an old behavior I want to replace.

I have gained the sense of being a part of because when I face my pain there are others who are there to face it with me. One of the first things I learned in N.A. is that I never have to do anything alone ever again if I don't want to. Another thing I learned in N.A. is that there really are people in N.A. who want to know me. I have also learned that I'm not a bad person.

False ideas and beliefs keep me blind to life's truth that I am valuable just as I am whether or not anybody agrees with me or not.

Page 98 in the Basic Text is referenced here. What strikes me on this page is that N.A. is a life boat. For me N.A. has been a flash light in the darkest, deepest black night. I was lost in the brambles of a Forrest and addicts came looking for me. I cried out "Here I am" and you rescued me. Now N.A. allows me to help rescue some one else. Now it lets me be a part of.

By Janie J.

**\*\*Get involved in sharing the message of recovery\*\***

Share with us your experience, strength, and hope by submitting articles, artwork, or any creative form of recovery!

**Email submissions to:**

[cleansheet@dallasareana.org](mailto:cleansheet@dallasareana.org) — or, give your contributions to your GSR to bring to Area

**In loving service,  
Cleansheet Committee**

*The Dallas Area H & I needs your help to carry the message into Jails, Prisons, Treatment Centers and Detox Facilities.*

The Outreach and Hospitals & Institutions subcommittees are a viable resource for carrying the message. **These subcommittees need support.** There are many addicts in facilities that would benefit from our presence. If you would like to get involved there will be orientations at H&I subcommittee meetings. If your group is interested we have members that can give orientations at your group. For more information please see below:

**H&I SUBCOMMITTEE MEETING**

March 18 @ 2:00 pm  
Irving NA

**PUBLIC/RELATIONS COMMITTEE MEETING**

March 13 @ 8:15 pm  
Work the Steps & Live

**SPECIAL EVENTS COMMITTEE MEETING**

March 22 @ 7:30 pm  
DeSoto NA

**LONE STAR REGIONAL OUT-REACH and PEN-PAI COORDINATOR NEEDS VOLUNTEERS**

To write inmates seeking recovery ! Only 6 months clean time is required And is great way to do service work from your own home. Get involved and help the still suffering addict behind the walls. For more information E-mail : pen-pals@lsrna.org

Please see the Dallas Area website at [DALLASAREANA.ORG](http://DALLASAREANA.ORG) for group events and sub-committee meetings.

**GROUPS NEEDING SUPPORT**

**Awakenings**

Noon Meetings  
Mon, Wed & Fri 8pm meeting

**Broken Chains**

Needs members with clean time & sponsors.

**Carrollton Farmers Branch**

All Meeting

**Central Group**

8 am meetings & All 6 pm Mon—Fri

**Irving**

8 pm, 10 pm, & Saturday 10am Women's  
Sunday 11 am

**Miracles & Solutions**

12pm Meeting Mon-Sat, Sat 9:30 pm

**Nirvana**

Members with clean time

**Red Oak**

Meeting support/Sponsors with clean time

**Rockwall**

New Meeting: Mon- Wed @ 8 pm & Sat @7 pm

**South Oak Cliff**

Saturday 3 pm Book study

**Stonewall**

Male Sponsors at Mon 7:30 pm  
Female Sponsors at Tues, Thurs 7:30 pm

**Stay Alive Kaufman**

Experienced members

**Unidos Podemos**

Spanish-speaking members

**Just for Today**

2805 Lee St.  
Greenville, TX 75402  
Meeting support / men & women for  
12pm and 8pm meetings

**Dallas Area Service Meeting**

April 1, 2012 1:30 pm  
Irving NA

**Events**

*Central Group*

*Spring Fling*  
Annual Super Bowl Party  
March 17 - 12 pm

*Duncanville NA*

*Unity Day*  
March 24 - 12pm

*Miracles & Solution*

*White Linen Speaker Jam*  
March 31—12pm

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*Lone Star*

*Regional Convention*  
DFW Lake Hotel—Grapevine  
April 5th—8th

*Regional Assembly*

*Palestine Lake Resort*  
*Palestine, TX*  
*September 22-23, 2012*  
*\$35.00 for the entire weekend*

*Lone Star*

*Regional Service Office*  
*(NEW ADDRESS)*  
*10420 Plano Rd. #101*  
*Dallas, TX 75239*  
*214-570-1900*