



## *The Dallas Area Newsletter* *"April 2012"*

Drug Problem? We can help.

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

En Español: 1-888-600-6229

### NEXT MONTH'S TOPIC

*"Good" and "Bad" Feelings*  
*Just for Today - May 25th IP No.8*

Most of us seem to unconsciously judge what happens in our lives each day as good or bad, success or failure. We tend to feel happy about the "good" and angry, frustrated, or guilty about the "bad." Good and bad feelings, though, often have little to do with what's truly good or bad for us. We may learn more from our failures than our successes, especially if failure has come from taking a risk.

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#### **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

**GROUP CONTRIBUTIONS**

BROKEN CHAINS

**30 days**

Jake

**60 days**

Suzan S

**90 days**

Beka B

**1 year**

Michelle

**4 years**

Dale B

DE SOTO NA

**9 months**

Ken J

IRVING

**30 days**

Dustin H

**60 days**

Michael S

**90 days**

Abe C

Alicia H

Kasandra C

Sarah D

**9 months**

Julio A

**1 year**

Lindsay G

Christy P

**18 months**

Ginger B

Jesse S

**3 years**

Kecia V

**5 years**

JP

**7 years**

Nikki C

David G

**10 years**

George A

LAST HOUSE on the BLOCK

**1 year**

Brandon E

**12 years**

Rena T

**19 years**

Patti S

**22 years**

Kathy B

McKINNEY

**30 days**

Taylor

Ryan

Lyndy

Chase

**60 Days**

Skyler

Candis B

**6 months**

Laura W

Janie H

Sherry H

**18 months**

Matt R

**2 years**

Bradley

**6 years**

Bocca T

**19 years**

Teresa N

**25 years**

Phillip H

MIRACLES & SOLUTIONS

**1 year**

Vincent E

RAW GROUP

**30 days**

Katrina

**18 months**

Daniel S

STONEWALL

**30 days**

Clarence

Gavin

Mark M

Amanda C

Louis Mc

Roy

De Wayne

Mikey D'A

Reggie K

Latwaine

**60 days**

Darryl

Dirk W

Wilson P

Madeline

Jack H

Willie W

Greg B

**90 days**

Willie J

**6 months**

Blake

Alec C

Stratton

Shane

Loretta Y

Elizabeth Mc

Teresa

**9 months**

Ashley G

Daisy G

Aaron G

Rebecca B

Loretta W

Mitch R

Stephen J

Kenan B

Kendra H

Courtney D

Alicia T

Jobbie C

**1 year**

Roy L

George P

Herb

Annie G

Neal

**18 months**

Susan S

**2 years**

Yolanda A

Donell A

**3 years**

Gene D

Grace T

Timothy S

TOWN EAST GROUP

**30 days**

Mandy F

Jeffery B

Jessica D

**60 days**

Amanda b

**9 months**

Paul M

Ashely B

WORK the STEPS & LIVE

**30 days**

Tiffany M

Brian T

**90 days**

Nick B

**6 months**

Raquel S

Melton S

Jerrica C

Dayan M

**1 year**

Anthony A

Daniel A

**2 years**

Gilbert G

**GROUP CONTRIBUTIONS****“Sponsorship”**

When I got to NA I was a wreck. I didn't know anybody and I didn't want to know anybody. I was a ball of emotions that I didn't want to deal with and I was not inclined to ask anybody to be my sponsor. I happened to be at a meeting one day and saw somebody I knew from a different meeting. I immediately asked her to be my sponsor because I knew her and we were friendly in the other meeting. We seemed to connect there.

Well as I got to know her on a more personal level I discovered that we didn't mesh as well as I thought. I felt judged all the time and so by the 6<sup>th</sup> step where I had to deal with my defects I was at the end of our relationship so I changed sponsors.

For my next sponsor I came up with the idea that I could look at sponsees. If I liked the recovery of the sponsee then the sponsor must be doing something right so my next sponsor believed more the way I did and I liked her sponsee's recovery so I asked her to sponsor me. Well as we went along through the steps the same thing started happening. I felt judged for my indiscretions and she and I started bumping heads about the way to process the steps.

So once again I found myself on the sixth step changing sponsors. I was distraught. Again I felt no acceptance. My next sponsor happened to answer the phone while she was taking care of something in another state. It was late at night and she answered the phone. I was thumbing through my phone numbers and happened to remember her telling me to call sometime. She helped me see a different perspective and I calmed down.

Just a note about my previous sponsors; I felt unaccepted. That doesn't mean they didn't accept me. The defects I was noticing in myself caused me to feel shame and guilt and I projected a lot of what I felt onto my sponsors. Of course some of what I was feeling could have been their perspective of me but I truly believe that it was mostly my feelings about me and my lack of acceptance of myself that caused me to react so badly on that step.

Now with my new sponsor I absolutely know I am truly accepted. The best thing about her is that I found in the beginning is that she has done a whole lot more stuff than me. That was very important to me because I needed to feel like I was not as bad. And she had no shame about her past.

I was then able to see that I could have a wrecked past and not feel so guilty or shameful about my past. If she could get over herself and accept herself as she is than so could I.

I am now working on my whole disease/addiction. (Because as most of you know we use more than one thing to cope, drugs are just usually the most destructive.) Yes I am being honest that I am working on my whole disease now because

**GROUP CONTRIBUTIONS**

there was something that I am addicted to that I didn't know until recently and due to a friend having the same issue and that person is actually working on it so can I.

I find that the longer I am in the program the better I feel about me and the more I want to use my sponsor. I heard once that if you don't have a sponsor you absolutely love then you need to get a new sponsor. I totally believe that today. My life depends on whether or not I use my sponsor. She is there for me no matter what and I truly appreciate her.

*Janie J.*

*Last House on the Block*

**“Sponsorship”**

Sponsorship is a word that has a lot of meaning in my life. On pg.57 of our literature it says "It is the heart of the NA way of recovery from addiction-one addict helping another". In my situation my sponsor has helped me tremendously in the last few years. I can honestly say that I trust her with ALL areas of my life. Sometimes I might not want to hear what she has to say...lol because like addicts that we are, we don't like either hearing the truth or doing something we don't want to do. But in the end I truly do believe that she has my best interest at heart. When I first came to the fellowship I was scared to open up to her completely and every time I would talk to her I would make it sound like life just couldn't get any better. But working with me more and spending more time with her I began to have more trust and built not just a sponsor relationship but a dear friend also. Now there's nothing that I can't trust her with! It also states in the literature that one of the most profound changes in our lives is in the realm of personal relationships. Our common effort is recovery. Clean, we face the world together! Now I also have been able to establish other relationships in NA with some of the people from the fellowship. I have a few people that I consider close friends too. I am very glad that I found this new way of life and that I have people in my life that I can trust and can help me in my recovery and that I can be of help to them too. Sponsorship is not just for someone to carry you through the steps but to build a lifetime relationship with that's why I feel its important that you can get someone that you are comfortable with and that you can relate with them.

*Esther*

*RAW Group*

*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 sub-committees 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 HOSPITALS & INSTITUTIONS SUBCOMMITTEE MEETING**

April 15 @ 2:00 pm  
Last House on the Block

**PUBLIC/RELATIONS COMMITTEE MEETING**

April 10 @ 8:15 pm  
Work the Steps & Live

**OUT-REACH COMMITTEE MEETING**

April 15 @ 11 am  
Town East NA

**SPECIAL EVENTS COMMITTEE MEETING**

April 7 @ 11am  
Grove Group

**HELPLINE COMMITTEE MEETING**

April 14 @ 1:30pm  
Town East NA  
Open Position (Chair)

**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**

May 6, 2012 1:30 pm  
Irving NA

**Events**

*A Whole New Deal*

**13th Anniversary**  
April 13th - 3pm

*Duncanville Group*

**Speaker Jam**  
April 21st—12pm

*Irving Group*

**CBDM Workshop**  
and

**Spring Fling Speaker Jam**  
Mini Speaker Jam & Dance  
April 28th - 1-4:30 / 5pm -12 am

*Southside Serenity*

**Open House/Speaker Jam**  
April 28th - 12 pm

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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