



# The Dallas Area Newsletter

## "May 2012"

Email us letters/comments:  
[cleansheet@dallasareana.org](mailto:cleansheet@dallasareana.org)

### LETTER FROM THE CHAIR

The Dallas Area NA Newsletter is in need of submissions.

It can be a personal story of how you used the Fellowship or your Higher Power to get through a tough time, your views on a particular quote from the Narcotics Anonymous literature that you happen to like, Or a simple expression of gratitude. Don't worry if you think you can't write well enough, we will be happy to make any spelling or punctuation corrections for you. The important thing is that you will be sharing your recovery with another addict. After all, we can only keep what we have by giving it away. The only real criteria for submissions are that they reflect the message of Narcotics Anonymous and stick to the identification of ourselves as addicts suffering from the disease of addiction.

## NEXT MONTH'S TOPICS

### "Accepting Life" Just for Today - June 16th

It's relatively easy to accept the things we like—it's the things we *don't* like that are hard to accept. But re-making the world and everyone in it to suit our tastes would solve nothing. After all, the idea that the world was to blame for all our problems was the attitude that kept us using—and that attitude nearly killed us.

### "TRADITION TWO"

For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our Leaders are but trusted servant's; they do not govern.

In Narcotics Anonymous, we rely on a loving God as He expresses Himself in our group conscience, rather than on personal opinion or ego. By working the steps, we learn to depend on a Power greater than ourselves, and to use this Power for our group purposes. We must be constantly on guard that our decisions are

### Drug Problem?

We can help. Helpline: 1-888-NAWORKS or 972-699-9306

**En Español: 1-888-600-6229**

### **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**

**BROKEN CHAINS**

Ben L **30 days**  
Amanda M  
Denise D **60 days**  
Susan S **90 days**  
Deborah D 6 months

**CENTRAL GROUP**

**February & March**

**6 months**  
Roseland T  
**9 months**  
Joyce M  
**1 year**  
Kelvin B Amajo  
**2 years**  
Esmirada P  
Moe  
**4 years**  
Kevin W  
**6 years**  
John B - Wesley E  
**7 years**  
Dwight S  
**8 years**  
Yvette H - Solar W  
**9 years**  
Malike W  
**10 years**  
Tracie S - Rodney B  
**11 years**  
John P—Kim M  
**13 years**  
Wyne B—Sean B -  
Valerie H—Fred D

**14 years**  
Charissa N—Larry T  
**16 years**  
Cencilia P  
**17 years**  
Elaine K—Gary P  
**18 years**  
Jackie C  
**20 years**  
Robert K  
**23 years**  
Elvis Y

**CARROLLTON FARMERS**

**BRANCH**

**60 days**  
Jackie C  
**6 months**  
Connie  
Robert L  
**9 months**  
Ed H

**18 months**  
Bill A  
**IRVING**  
**Infinity** - George D ∞

**30 days**  
Seta K—Ralph C  
Leslie R—Alex D  
Paig W  
**90 days**  
Darla P—Rusty G  
Sam—Alicia H  
**6 months**  
Spring S  
J.J.

**18 months**  
JoAnn M—Milford S  
Shannon S  
**2 years**  
Stephanie G  
**3 years**  
Wayne E—Jay B  
**11 years**  
Susan S

**McKINNEY**  
**30 days**  
Denny—Sara  
Domingo—Peggy  
Robert  
**60 Days**  
James D—Taylor

**90 days**  
Garrett  
**6 months**  
Colter  
**9 months**  
Theresa  
**1 year**  
Gabby G  
**3 years**  
Bret

**MIRACLES & SOLUTIONS**

**1 year**  
Chris  
**5 years**  
Ray P  
**24 years**  
Keith G  
**NORTHSIDE**  
**30 days**  
John L—Roxy S  
Candice S—Tina C  
Shayna—Denise M  
Sarah  
**60 days**  
Ali D—Tori—Adam T  
**90 days**  
Margaret—Alex  
Seth T—Taz  
**6 months**  
Steve P—Taylor - Jeff M  
**18 months**  
Mike R

Rachel D  
Suzanne G  
**1 year**  
Christine M—Shanna S  
Christi L—Anita F  
**2 years**  
Dominique M—Thor H  
**3 years**  
Mary Ann F—Aaron C  
Ron N  
**5 years**  
Tanna G  
**6 years**  
Tracey V  
**10 years**  
Kirk E  
**11 years**  
Allen L  
**15 years**  
David K  
**17 Years**  
Micheal T

**RAW GROUP**

**6 months**  
Rudy W  
**1 year**  
Melvin  
Eric  
**18 months**  
Daniel S

**STAY ALIVE KAUFMAN**

**30 Days** -  
Anthony  
**60 days**  
Tasha—Alfie  
**90 days**  
James—Will - Minnie  
**STONEWALL**  
**30 days**  
Charles A—Francis M—Troy C  
Wesly P—Roderick R—Roderick S  
Cliff M

**60 days**  
Amanda C—Ray J  
Marcus T—Dean  
**90 days**  
Dirk W—Jack H—Wilson P  
Synovia R—Anita N - Matt C  
Bonnie C—Heather L -Greg B  
Jane M  
**6 months**  
L Broadway—Stephanie T  
Kevin F -Norm N  
Kenny G—Christail W  
Keith B  
**9 months**  
Robert S—Karl P  
Carollyn U—Donna C  
Watts C  
**1 year**  
Steve s—Walter J  
Robinson E—Jonathan G

Andrea B—Denise D  
Shan R—Steven D—Robin  
Antonio B—Saralyn H  
Blue S—Joey H  
**18 months**  
Basil D  
**2 years**  
Yolanda A—Higgs L  
**3 years**  
Tina T—Thomas G—Vinetete D—CJ  
Robert R **6 years**  
Lucy M **11 years**  
Lesa R **12 years**  
Kirk E **20 years**

**TOWN EAST GROUP**

**30 days**  
Love A—Yesemia A - Windy E  
**60 days**  
Aloria B  
**6 months**  
Sammy M  
**9 months**  
Mark C  
**1 year**  
Gina  
**2 years**  
Denise H—Joseph H  
Valerie J—Nicole M  
**3 years**  
Lisa R  
**5 years**  
Bill H

**WORK the STEPS & LIVE**

**Infinity**—Gary S ∞  
**30 days**  
Stephanie T  
**90 days**  
Tiffany M—Brian T  
**9 months**  
Nick P  
**1 year**  
Crystal G—Segio R—Jesse B  
**2 years**  
Kelli C  
**4 years**  
Shirley—Stacy L  
**7 years**  
Mike C  
**WYLIE**  
**30 days**  
Tom K—Tina  
**60 days**  
Scott  
**90 days**  
Eric  
**18 months**  
Wes C  
**5 years**  
Milo  
**12 years** Reyes  
**22 years** Jerry b

## GROUP CONTRIBUTIONS

### TRADITION ONE

*"Our common welfare should come first; personal recovery depends on NA unity."*

The first tradition speaks to us about unity within Narcotics Anonymous, *"the spirit that joins thousands of members around the world in a spiritual fellowship that has the power to change lives."* (IWH&W pg 91) We try to embody it at the close of our meetings, in our literature and language by using plural pronouns (our, us, we). This was my first exposure to N.A. unity and my first understanding that it would be impossible for me to stay clean, let alone recover, by myself.

My disease kept me isolated and insulated from people and emotion. So what can I do personally to develop that spirit of unity? I can pick up the phone and call people, I can greet people that I know and especially those I don't. For this addict to recover I must participate.

Unity is about sharing my experience, strength and hope at meetings, not sitting and waiting for the uncomfortable silence to spurn someone to talk.

Unity is about visiting other groups, in and out of the area, in order to "broaden my base" and "increase my point of freedom".

Unity is about my commitment to myself, my recovery, my family, my home group and Narcotics Anonymous. And the cool thing is that when I develop unity in my life it is returned. The basic text tells me that *"To maintain unity within Narcotics Anonymous, it is imperative that the group remain stable, or the entire Fellowship perishes and the individual dies."* *"The individual is precious to the group, and the group is precious to the individual. We never experienced the kind of attention and personal care that we found in the program. We are accepted and loved for who we are, not in spite of who we are."* *"In Narcotics Anonymous we find that what is best for the group is usually good for us."* (Basic Text pg 61)

Before I could enjoy the benefits of recovery I had to let go of the illusion that I was a loner and didn't need anyone or anything. The truth is that I need all N.A., all of its members, all of its caring, all of its love if I expect to survive.

The best thing about this is that I can carry this into my personal relationships, my children, fiancé, even my sponsor. If I don't participate in my recovery and my life they have no real value.

How do I carry this into my life outside the group? I do it by developing spiritual principles through the steps and learn to apply them in my relationships. Commitment, selflessness, surrender, acceptance, humility and love.

The most practical and immediate example that I can give is in my decision making. By getting out of my self, exercising some selflessness and humility I ask myself how will this effect others?

Once I become a member of Narcotics Anonymous I take on a responsibility not only to myself but to my home group, my sponsor and sponsees and my loved ones to think about the whole and not just the part (me).

Its not about being like you, its about being about you and us. By developing and applying unity to all my relationships my recovery means a lot more and my life takes on new meaning and value.

## GROUP CONTRIBUTIONS

When I arrived in DFW I knew immediately where I could go and find love and acceptance. I knew where my life boat was and I was welcomed. I claimed a new home group, a place where I could get to know others and they could get to know me. A home group where I feel at home, where we can disagree without being disagreeable. A home group where we help each other recover not wait to tear each other down.

I went where I knew others had faced the same feelings of loneliness, desperation and despair and found a way out. A place where our common welfare was foremost, not my individual agenda.

One of the ties that bind us together is UNITY. The coming together for selfish reasons at first and leaving with selfless gratitude, an awareness that there is a POWER greater than me and the knowledge that I'm loved, in spite of myself.

We hear all the time that we must give it away to keep it, that's why we call it sharing, so I thank you for letting me share and helping me recover.

**Anonymous**

### GOOD & BAD FEELINGS

As a member of Narcotics Anonymous there is a wave of feelings that I go through in the course of my day. I used to spend my time acting out on my good and bad feelings but being a member of NA has allowed me to put down the dope and ride the wave. I find that as I go to meetings and listen there are similarities to other members. A lot of the time if I'm listening hard enough There is a member that has a solution or has experienced the similar good or bad feeling that I am having. When I experience bad feelings I start having feelings of low self esteem, guilt, frustration and anger. What I have learned is that feelings go away eventually and a lot of times my feelings are not facts but it is because I am entertaining an area of my life that is undesirable to me. I have had my bouts with feelings of failure and judgment. Failure was what I felt when I thought I couldn't get this simple program. I judged everyone because I wanted what others had just didn't grasp the idea of the program until I hit that bottom you hear about in NA. I got a sponsor and made a decision to do what was suggested by her and other members. I don't place limitations on my recovery anymore. Those feelings hit me like a Mack truck sometimes but I have picked up some tools along the way so that I am able to ride out the wave. I am responsible to maintain my recovery today, change my behaviors and my thinking. I know that when I cross a path whether good or bad feelings occur and I feel uncomfortable I reach out for a solution . I don't run from it. I try to recognize what I am feeling and seek the underlying issue. Every day that is a bad day there are good moments that occur and sometimes for me that becomes uncomfortable but I'm learning to have fun and embrace the feelings. Through getting involved in the steps and learning about the traditions of the program it has allowed me to learn about me. When I focus on reaching out to help others the feelings get easier. I look at going through this process and as an opportunity to grow. Feelings, whether good or bad, are just part of life's experiences. Feelings which I've been going through all my life but it wasn't until I cleaned up that life became memorable.

*Laura C. Irving NA*

*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 HOSPITALS & INSTITUTIONS SUBCOMMITTEE MEETING**

May 20 @ 2:00 pm  
Last House on the Block NA

**PUBLIC/RELATIONS COMMITTEE MEETING**

May 7 @ 6:45 pm  
Stay Alive Kaufman

**OUTREACH COMMITTEE MEETING**

May 20 @ 11am  
Town East NA

**SPECIAL EVENTS/ COMMITTEE MEETING**

May 23 @ 6pm  
Grove Group

**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**

**A Whole New Deal**  
All Meetings / Sponsors

**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**  
June 3, 2012 1:30 pm  
Irving NA

**Events**

*RAW Group*  
**Speaker Jam**  
May 5th —1pm—8pm

*Town East NA*  
**Commissary Cook off**  
May 12th - 3pm

*Central Group*  
**Unity Day**  
May 26th - 12pm

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*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

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