



# *The Dallas Area Newsletter*

## *"June 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

### *"Surrender"*

We have found that we had no choice except to completely change our old ways of thinking or go back to using. When we give our best, it works for us as it has worked for others. When we could no longer stand our old ways, we began to change. From that point forward, we began to see that every clean day is a successful day, no matter what happens. ***Surrender*** means not having to fight anymore. We accept our addiction and life the way it is. We become willing to do whatever is necessary to stay clean, even the things we don't like doing.

### "TRADITION Three"

*"The only requirement for membership is a desire to stop using."*

An addict who does not want to stop using will not stop using. They can be analyzed, counseled, reasoned with, prayed over, threatened, beaten, or locked up, but they will not stop until they want to stop. The only thing we ask of our members is that they have this desire. Without it they are doomed, but with it miracles will happen.

### 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**

**A WHOLE NEW DEAL**

**30 days**  
Brian—Travis  
**60 days**  
Jane—Brain  
**6 months**  
Ricky  
**1 year**  
JP

**CARROLLTON/FARMERS  
BRANCH NA**

**30 days**  
Brandon P  
**60 days**  
Michael A  
**90 days**  
Jackie C  
**1 years**  
Paul M.—David Z

**DESOTO GROUP**

**30 days**  
Darryl W  
**90 days**  
Gene m—Shelly W  
**9 months**  
LaLaesha B  
**18 months**  
Jasmine C—Rachel H

**DUNCANVILLE**

**1 year**  
Owen C  
**3 years**  
Eric R  
**4 years**  
Tamara J  
**18 years**  
Karl B

**IRVING**

**30 days**  
Shannon K—Sam  
**60days**  
Paig W—Alex D—Lorie G  
**9months**  
Crystal H—Miguel P—Felicia B  
**1 year**  
Steve C—Vicki R—Bill M  
**18 months**

Ryan A—Kristen W—Milford S  
Susan E—Emily H  
**2 years**  
Sunshine E—Janie J—Lisa L  
Starr G  
**3 years**  
TerriLynn S—Georgia  
**4 years**  
Mike H  
**5 years**  
Thurman C  
**6 years**  
Lana H  
**7 years**  
Becky  
**8 years**  
Hal T  
**11 years**  
Patricia G  
**25 years**  
Tim B—Mike D

**GROVE GROUP**

**1 year**  
Romaneek  
**2 years**  
Darron  
**9 years**  
Betty P  
**12 years**  
Marilyn W— Karen F  
**15 years**  
Tonya W  
**22 years**  
Beverly C  
**25 years**  
Larry F

**LAST HOUSE ON THE BLOCK**

**18 months**  
Allen R  
**10 years**  
Bruce J  
**11 years**  
Stacie H  
**22 years**  
Roxanne C  
**28 years**  
Amelia I

**MIRACLES & SOLUTIONS**

**8 years**  
Evette  
**18 years**  
Debrah  
**19 years**  
Rodrick H

**McKINNEY**

**60 days**  
Domingo  
**90 Days**

Taylor—Latrice - Michael H  
**6 months**  
Jamie H—Christy  
**18 months**  
Wes  
**5 years**  
Tracy P  
**11 years**  
Mike C

**RAW GROUP**

**30 days**  
Elizabeth  
**90 days**  
Jeffery  
**6 months**  
Rudie W

**SOUTHSIDE SERINITY**

**2 years**  
Jacqueline P  
**4 years**  
Nikki P  
**17 years**  
Tim P  
**18 years**  
Debra B  
**23 years**  
Dorothy R

**STONEWALL**

**30 days**  
Steve H—Dennis L—Jon D -  
Knado—Nebraska S—Aaron P  
Loretta R—Jeff N—Steve S  
**60 days**  
Shawn R—Mario L—Francis M  
Maria—Lonna P—Alex K  
**90 days**  
Amanda C—Leslie B—Mike R  
Gregg B—Roy J—Joe F  
**6 months**  
Keith B—Jim S—Anita N  
Tamara S—Nelson—Harris C  
Crystal P—Bill F  
**9 months**  
Doyle M—LaShundra O—Teresa G  
Ashley S—Teri P—Misty—Aostt M  
**1 year**  
Owen C—Doug W -- Ashley L  
Eric R—Antonio R—Mindy A  
Chad M  
**18 months**  
Eula  
**1 year**  
Sengbao H  
**2 years**  
Danny W—Dan B  
**3 years**  
Kendrick T—Lisa J  
**4 years**  
Daeyl B—Tammy D—Larlene B

**7 years**  
Paul M—Tony P  
**10years**-Lydia J  
**13 years**-Greg  
**18 years**-Oscar A  
**19 years**-Barbara

**TOWN EAST GROUP**

**30 days**  
John M—Tracy O  
**60 days**  
Yesenia A  
**90 days**  
Aloria  
**18 months**  
Darrick S  
**1 year**  
Matthew W—Robert D—Jimmy H  
**2 years**  
Christie R—Fred L  
**3 years**  
Chasity C—Daryle E—Mark D  
**7 years**  
Nannie H  
**9 years**  
Tracy S  
**16 years**  
Mark C

**WORK the STEPS & LIVE**

**30 days**  
Jason C—Ruby K  
**60 days**  
Stephanie T  
**90 days**  
Rena' C—Wes A  
**6 months**  
Martin B  
**9 months**  
Misty L  
**18 months**  
Kevin S  
**1 years**  
Tommy B  
**2 years**  
Misty D  
**5 years**  
Bill E—Sandy S

## GROUP CONTRIBUTIONS

### “Nothing Changes” if “Nothing Changes”

Our recovery from the use of mood-changing mind-altering chemicals is an on going process of choices & changes. We must utilize the 12 Steps, 12 Traditions & Principles of NA, in order to make mature, healthy, correct & wise choices of change. “We change everything that cause us pain & despair” If we don’t change everything we will go back to our same self-destructive pattern of using mood-changing, mind-altering chemicals to help us function in life.

*EW—Miracles & Solutions*

### NA “You Found Me”

You found me in the dark when evil blew my candle out.  
You took my hand & walked with me. Since then I've had no doubt. You found me in the depths. When Evil pushed me off the pier. You Wrapped me in your peace. Since then I've had no fear. You saved me from death. When temptation sought my heart. You touched my cheek & smiled at me. I know that we will never be apart.

*Mary M—Stay Alive*

### “Hope”

The process of truly learning and applying the principals of the second step for me began when I read “Some of us passed over with minimal or no concern’ for I had my first attempts of recovery in AA and I hurried through the steps trying to get “recovered”. When I came to NA I learned about the “process” and having “an awakening of the spirit” which lead me from focusing on “fixing” my thinking and guided me to a more spiritual solution. I know for me focusing on ‘not doing” anything keeps me in my head thinking about the problem but when I started to feel with my heart by believing in principals instead of operating on JUSTIFICATIONS & RATIONALIZATIONS(DENIEL) with my thinking, I began allowing a Higher Power into my life. This is when I believe that the *obsession* began to leave for I had quit a thousand times but I had never allowed anything to fill my heart before like I did by allowing the Love from my fellow members into the hole where my heart was supposed to be. Before I thought it was about “I have a problem”(1st step) and “God save me”(3r step) and I did not see that it was in the second step that it was the place where my part in the process of working the program began by watching and listening to my predecessors which gave me the evidence that if I admit I am like them, then what works for them could work for me. So with the little bit of “Hope” I got from watching other members in the rooms do things that where not insane like pay their rent or sit still for more than a few minutes I realized that maybe there is a Higher power that can restore me to sanity

Kahle B./Eastside

## GROUP CONTRIBUTIONS

### “Coming To Believe” (Becky’s Blog)

I am one of those who believe Narcotics Anonymous to be a “God-given program”: a program that He designed especially for the addict. When I first came into NA I was never angry with God in my entire life; however, I struggled with understanding how to incorporate these (NA’s) beliefs with those (my religion) beliefs. I now know that this (NA) is what makes that (my religion) make sense. I am grateful that I learned my own set of beliefs rather than to incorporate everything that sounds good in a meeting into my own thinking. For instance, I heard “fire and brimstone” to be taught by many religions and thought that this was indeed what I was also taught. After the course of self-discovery through working steps I found that my religion *never* taught me any of that stuff; that because of my own guilt and shame my perception was warped and I thought that’s what I heard. Today, I hear things like “forgiving” and “loving”. So, if you are new and in the discovery of ‘coming to believe’, just allow the course of this event to happen naturally without forcing a way to make it happen. My experience has been that it simply occurs though the experiences I’ve had while working the steps.

### How did you “come to believe”?

It began with hope. I struggled with letting go of the reins. I began to notice, however, that when I play God my life seems to become crazy. – *Clarence B.*

My process began during the first three steps that I worked while in rehab. My sponsor started me over when I got out which reaffirmed my intellectual understanding. The true and spiritual understanding happened when my mom died shortly after I finished Step Two. I got the news when I was standing outside of the *Another Chance Group* and all I could think of was running. There were about 40 members who showed up during that time and surrounded me with what I can only explain as the power and energy I know to be God. – *Bob M.*

I really struggled with this idea. I thought that it was talking about a religious God. I came to have a relationship with other women, sponsor, and the group which opened up my idea of the God of *my* understanding. – *Vickie W.*

Many of us come into recovery hearing the almighty word “God” and either a) instills a desire to run for the door, b) lament on how God gave us the shaft in life, or, c) begin singing praises of God when we just got through spending the last however many years in utter hell (which, by the way, is the wrong place to go looking for God). It is important to understand that God is just as anonymous in our rooms as we are as individuals. While we do have our own personalities and ways of carrying the message, the principle of anonymity at work unites us as a collective “we” thus having our personalities fall by the wayside. The same idea stands with God simply being a placeholder, or word, which holds within it whatever the individual member comes to know through working the steps. Dogma has no room in our fellowship any more than a personality leads our program – the principles within our steps are the essence of Narcotics Anonymous.

– *Becky B. / Work the Steps & Live*

**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**

June 17 @ 2:00 pm  
Last House on the Block NA

**PUBLIC/RELATIONS COMMITTEE MEETING**

June 12 @ 7:30 pm  
Irving NA

**OUTREACH COMMITTEE MEETING**

June 17 @ 11am  
Town East NA

**SPECIAL EVENTS/ COMMITTEE MEETING**

JUNE 12 @ 6 PM  
Stonewall 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**

**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  
**Stonewall / Espanol**  
Tuesday 7:30 & Saturday 6pm

**Stay Alive Kaufman**  
Experienced members

**Unidos Podemos9**  
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**

July 1, 2012 1:30 pm  
Red Oak NA

Events

*Central Group*

**Speaker Jam**  
June 2—12 pm

*Grove Group*

**29th Anniversary**  
June 9th - 12pm

*Irving Group*

**22nd Anniversary**  
June 16th - 12 pm

*Duncanville Group*

**Speaker Jam/Crawfish Boil**  
June 16th - 12 pm

*Stonewall*

**31st Anniversary**  
June 22nd - 6 pm  
June 23rd - 12pm

*Miracles & Solutions*

**Speaker Jam**  
June 30th - 12 pm

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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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