



The Dallas Area Newsletter

"June 2012"

Email us letters/comments:
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 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

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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