



The Dallas Area Newsletter

"October 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

"Integrity"

(It Works "How & Why" pg. 142)

Integrity is the consistent application of spiritual principles, **no matter what the circumstances**. Leaders who demonstrate this quality inspire our trust. We serve best when we display an honest respect for the trust placed in us by others. Fidelity and devotion to that trust reflect the personal integrity of our servants. When we choose members to serve us, we often look for integrity as a sign that they are trustworthy.

"TRADITION Seven"

"Every NA group ought to be fully self-supporting, declining outside contributions."

As simple as a group's needs are, a group's decision to become fully self-supporting does not usually require the commitment of extensive amounts of its members' money, time, or other resources. If a group is having problems sustaining itself, it may want to ask itself some questions: What is our primary purpose, and how do we fulfill it? What does our group need to fulfill its primary purpose? Have we confused our wants with our needs? When a group's sense of its needs have become unreasonable, the simplicity of the Fifth Tradition can help deflate those needs to their proper size.

Drug Problem?

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

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

DESOTO GROUP

DEShanda F 30 days
Shelly W 6 months
Gene M
Keith Y 18 months
LeLa M
Dawn 9 years

GROVE GROUP

Leonard H 2 years
Castanita F 3 years
Bernice 4 years

IRVING

Amy B 30 days
Charity R 60 days
Taylor
Kim H
Crystal C 90 days
Lashone B
Shawn R
Alex D
Paige
Kasandra C 9 months
Alicia H
Stephen F
Charlie D
Connie
Felicia B 1 year
Augustine A 18 months
Ginger B 2 years
Kim N 3 years
Clarence P 6 years
Phyllis W
Derrick W 7 years
Sharon O 9 years
Gayle P 10 years
Dian M 20 years

LAST HOUSE ON THE BLOCK

Amy 30 days
Mitchell I 1 year
Waren M

Jackie R
Tori L 2 years
Ruth G 5 years
Bryan G 18 years
Les C 19 years

NORTHSIDE

Sunny G. 30 days
Betsy C.
Ron K.
Hank D.
Roslind P.
Nick S. 60 days
Cecilia W.
Samantha
Rob
Tom H. 90 days
La Deirdra H.
Deuce C. 6 months
John L.
David L.
Lisa D.
Ray W. 9 months
Seth T.
Chris D. 18 months
Ali D.
Nimit D.
Kat F.
Ron M.
David 1 year
Heather
Jodi L.
Jake W.
Raymond F. 2 years
Lacey H.
Tori L.
Fred Y. 3 years
Chelsia S.
James S 4 years
Jackie 6 years
Jason L 7 years
Conor P 10 years
Lenora B 16 years
Pat R 18 years
Valerie M 20 years

RAW GROUP

Daniel S 2 years
Dionne K
Jason D 6 years
Derrick W 7 years
John S 16 years

SOCNA

Carmen K 90 days
Nate M 9 months
Daffney W 1 year
Jamesia
Barbara 2 years

STONEWALL

Dean P 30 days
Brandii P
Jack G
Benny C
Oscar J
Richard S
Shelia W
David
Jeremy p
Stephen L 60 days
Leslie C
David P
Stephen L 90 days
Stephen N
Winston W
Marcus P
Nuke B
Corrina 6 months
Sharon
Eddie K
Kim H
Donna P
Catwell Z
Djauna C
Sharon 9 months
Kevin J
Charles H
Richard P
Amanda E
Nataly E
Belinda
Willie W
Lisa M
Alejandra 1 year
William K
Tricia
Alee C
Billy S
Jesses S
J.L.F.
Brandy
Rhonda P
Cecil S 18 months

Aaron B
Christal W
Herb N
Gerald B 2 years
Shelia
Lawrence T
Jamie G 3 years
Valerie G
Robert T 5 years
Conor p 10 years
Yvonne K 15 years
Willie Annette 21 years

TOWN EAST GROUP

Barbie B 30 days
Taylor 60 days
Amber
Billy
Ely R 90 days
Yesenia A 6 months
Colton N
Chris S 9 months
Casady
Courtney S 1 year
Zac C
Charley N
Keven G 2 years
Beth 3 years
Gary N 7 years
Steve A 8 years
Benito 9 years
Ernesto P
Chris M 16 years
Jack T 17 years

WORK THE STEPS & LIVE

Heather 30 days
Jamie R 6 days
Jonathan P 90 days
Stephanie T 6 months
Heather S 1 year

GROUP CONTRIBUTIONS**“What IF”**

“IF” is one of the smallest words in the English language and one of the most deadly. To begin with IF is the tool I use to get out of the moment and into the past, the future and other peoples business. I have come realize that when I am thinking or speaking and use the word “IF” I am no longer in the moment and not available for my Higher power to work in my life. When I am feeling anxious or depressed I know that all I have to do is stop “Ifing” and do a gratitude list which gets me back in the moment and I start to feel better. I hear people talk about things like should the same sex sponsor each other and I say that is “What if thinking” which is trying to control the future, for me I know when I try to control the future I am playing God and cutting my higher power of the opportunity to work in my life. When I got to NA the disease of addiction ruled my life and I needed a power greater than my disease to save me and I need to remember that it was my thinking that got me here. So just for Today I have come to believe that when I use the word “IF” which for me means living “In Fear” and that fear is a lack of faith and faith is what makes this a spiritual program. Lately and this is just my opinion and worth what it cost *but* I feel we have gone off the deep end with putting guidelines and policies as being more important than the traditions like carrying the message. To me spending any real amount of time living in fear of what an addict or group of addicts is going to do something wrong is only less insane as me believing I could control them with my will by putting some words on a paper and in the end does it really ever stop anyone from being an addict? Our literature states that one of the things that did not work for many of us is religion and for me that was also true because all I heard was them telling me what not to do which made me feel like they where more interested in conformity than in unity. In the end I believe in carrying the message and not the mess and when I start to believe it is up to me to FIX the world around me I have stopped practicing humility and stopped surrendering to my higher power all by trying to make decisions about things that have not happened yet by saying to my self “what IF”

Please take what you need and leave the rest.
Kahle B

“Tradition Six”

(Basic Text pg. 70)

The Sixth Tradition goes on to warn us what may happen: “lest problems of money, property or prestige divert us from our primary purpose.” These problems often become obsessions and shut us off from our spiritual aim. For the individ

GROUP COTRIBUTIONS

ual, this type of abuse can be devastating; for the group, it can be disastrous. When we, as a group, waiver from our primary purpose, addicts who might have found recovery die.

(It Works “How & Why” pg. 122-123)

Our fellowship’s primary purpose defines us. We are a society of addicts sharing with others the hope of recovery in Narcotics Anonymous. When NA’s identity becomes too closely tied to the identity of another organization, the clarity of our primary purpose is muddled, losing some of its power. The Sixth Tradition warns us of three things that could blur the distinction between Narcotics Anonymous and other enterprises: endorsement, financing, and the lending of our name. An endorsement is a public statement of support for another organization. Financing another organization further endorses its purpose. Lending our name to a related facility or outside enterprise—allowing an addiction treatment facility, for example, to call itself The NA Medical Center—is the ultimate endorsement, permanently tying our primary purpose to theirs in the public eye. By establishing boundaries, the Sixth Tradition helps our groups avoid some of the problems that commonly arise between organizations. By establishing boundaries, the Sixth Tradition helps our groups avoid some of the problems that commonly arise between organizations. If we endorse an organization that later runs into trouble, our reputation will be damaged along with theirs. If we boost an outside enterprise that some find obnoxious, addicts seeking recovery may be discouraged from coming to our meetings. If we voice support for another organization, the public, the addict who still suffers, even our own members might confuse that organization’s purpose with ours.

“Just for Today”

Waking up today things were a mess, after walking outside I saw the day he had blessed. He took aside the things in my mind, told me to walk by faith and do it blind. As the day went on I started to feel free, he replied that's what happens when u give this stuff to me. he said don't worry about tomorrow and just live today, so rest Larry your here to stay.

Larry G

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

November 18 @ 2:00 pm
Northside NA
Committee Chair : Theresa F. 214-886-6309

OUTREACH COMMITTEE MEETING

October 21 @ 11am
Town East NA
Committee Chair: Robert S. 214-283-0973

PUBLIC RELATIONS COMMITTEE MEETING

October 13 @ 6:30pm
Stonewall NA
Committee Chair: Nikki P. 214-576-1975

HELPLINE COMMITTEE MEETING

October 20 @ 1:30pm
Stonewall NA
Committee Chair: Kathleen C. 214-994-3683

SPECIAL EVENTS COMMITTEE MEETING

October 15 @ 7pm
Grove Group NA
Committee Chair: Beverly C. 214-697-4105

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 :

penpals@lsrna.org

GROUPS NEEDING SUPPORT

A Whole New Deal
All Meetings / Sponsors

Awakenings
Tues & Thurs 6pm & Fri 10pm Candlelight

Broken Chains
Needs members with clean time & sponsors.

Carrollton Farmers Branch
All Meeting

Central Group
8 am meetings & All 6 pm Mon—Fri

McKinney
New meeting Spanish Speaking
Fridays 7:30pm

Miracles & Solutions
Sun 8pm meetings

Nirvana
6:30 meetings

Red Oak
Women Sponsors

Seagoville
Meetings Support/experienced members

South Oak Cliff
Meetings Support

Stonewall
Male Sponsors at Mon-Wed 7:30 pm
Female Sponsors at Tues - Thurs 7:30 pm
Stonewall / Espanol
Tuesday 7:30 & Saturday 6pm

Stay Alive Kaufman
All meetings/Experienced members

Work the Steps & Live
Female Sponsors needed
Meeting support 12pm, 7pm, Fri 10pm

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

Dallas Area Service Committee
November 4, 2012 1:30 pm
Grove Group NA

Events

Raw group
8th Anniversary
October 6th / 1pm

Stay Alive Kaufman
Anniversary
October 13th / 4pm

Duncanville Group
Speaker Jam
October 20th / 1:00pm

Central Group
Fishfry/Speaker Jam
October 20th / 1:00pm

South Oakcliff
Men's Speaker Breakfast
October 27th / 9am –12pm

OutReach/Redoak Group
Rocktober Fest
October 27th 10am—9pm

Grove Group
Halloween Dance
October 27th 9pm

Regional Service Conference
Palestine Lake Resort
Palestine, TX
September 22-23, 2012
Get Involved!!

Please see the Dallas Area website at DALLASAREANA.ORG for group events and sub-committee meetings.