



## The Dallas Area Newsletter

"January 2013" 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

"How does it work" JFT Pg.6

I don't have all the answers, but I know where to find the ones that matter. Today I will ask another addict "How does it Work"

### "TRADITION Ten"

*"Narcotics Anonymous has no opinion on outside issues; hence, the NA name ought never be drawn into public controversy"*

"What is NA's opinion," we are sometimes asked, "on the addiction treatment industry, other twelve-step fellowships, the legalization of drugs, addiction-related illnesses, and all the rest?" Our answer, according to Tradition Ten, is that our groups and our fellowship take no position, pro or con, on any issues except the NA program itself. We maintain neutrality on such issues so that we can maintain our focus on what we do best: sharing recovery from one addict to another. However, even in explaining our own program in public, we may find ourselves treading on controversial ground. NA's views on total abstinence, on the possibility of recovering in society without long-term institutionalization, on the disease concept of addiction, even our broad views on spirituality are not met with universal acceptance.

Others who deal with addiction and recovery may view these matters very differently than we do. We cannot deny those aspects of our program that others take exception to. We can, however, take care to explain our program in such a way as not to invite controversy deliberately. "We do not suggest that everyone adopt our views, nor do we oppose those with different views," we can explain. "We simply want you to know what the Narcotics Anonymous program is like." So long as we focus, as groups and as a fellowship, on our recovery experience rather than our opinions of why or how NA works, we will stay as far as possible from public controversy. Tradition Ten restricts NA, as a fellowship, from stating opinions on outside issues.

### 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**

**BROKEN CHAINS**

Nick 30 days  
Ray  
Ashley K 60 days  
Amy C. 6 months  
Kathleen  
Deanne H. 9 months  
Larry B. 18 months  
Clint C.  
Chris O.

**EASTSIDE**

Ashley 9 months  
D'Andea 1 year  
Rich K.  
Alex B.  
Elizabeth W.  
Lydia G. 2 years  
Joanne R.  
Jennifer O. 3 years  
Will B. 4 years  
Robert L. 6 years  
Sandra K.  
Diane B.  
Charlie D.  
Kahle B. 11 years  
Terrell G. 12 years  
December 13 years  
Valerie B. 18 years  
Pat R.  
Betsy R. 21 years  
Randie B. 25 years

**GROVE**

Anthony J. - 1 Year  
Glow D.  
Jonathan - 2 Years  
Bertrel C. - 9 Years  
Lou T. - 10 Years  
Ozella B. - 13 Years  
Pauline H. - 18 Years  
Alvin L. - 24 Years

**IRVING**

Stephanie Z. 30 days  
Randell I.  
Jose P. 60 days  
Stephanie P.  
Rachel H.  
Jesse S.  
Donna 90 days  
Rick  
Angie  
Julian

April H. 90 Days  
Angel A.  
Fidel P.  
Angel G.  
Chad F.  
Alex D. 9 months  
John S. 1 year  
Raymond W.  
Kasandra C.  
Alicia H.  
Connie C.  
Charlie D.  
Steve B.  
Cooper  
Kim N. 3 years  
Masi S. 5 years  
Patrick D. 6 years  
Julie J. 8 years  
Doug K. 9 years  
Tommy H. 10 years

**CAROLTON FARMERS  
BRANCH**

Rachel H. 30 days  
Juliett R.  
Robert 60 days  
Casey S.  
Keena H 90 days  
Manuel R. 6 months  
Melissa J.  
Lynn C. 9 months  
Connie R. 1 year  
Chris H.  
Kera F. 4 years

**DE SOTO**

Jay 30 days  
Jerod D. 60 days  
DeShandra F. 90 days  
Shelly W. 9 months  
Jack W.

**MC KINNEY GROUP**

Brian H. 30 days  
Michael H. 90 days  
Rod R. 1 year  
Candi S.  
John L. 2 years  
Heather 6 years  
Libby 10 years  
Chris C.

**NORTHSIDE**

Jon 30 days  
Reba  
Sara K.  
David D.  
Amos  
Lisa D.  
Quinton S.  
Chris A.

Mark B. 60 days  
Ida G.  
Daniel K.  
Luis A.  
Julie L. 90 days  
Alexis S.  
Milo T.  
LaDeirdra H. 6 months  
Catherine S.  
Tom H.  
Anton L. 18 months  
Jacob S.  
Ronnie J.. 2 years  
Paul M.  
Kim E. 3 years  
Trese P. 4 years  
Dan M. 12 years  
Darwin 13 years  
Mark G. 21 years  
Bruce M. 23 years  
Kelly W. 24 years  
Dick A. 26 years  
Gary F. 33 years

**RED OAK**

Richard M. 9 months  
Doug T. 10 years

**TOWNEAST NA**

Scott C. 60 days  
Kim S.  
Sara G.  
Jessica P. 90 days  
Yesenia A. 9 months  
Aleah D. 1 year  
Soochy  
Alicia H.  
Brooklynn S. 18 months  
Leland A. 3 years  
Mara B. 6 years  
Doug O. 8 years  
Kieth H. 14 years  
Henry C. 19 years  
J.T. 21 years

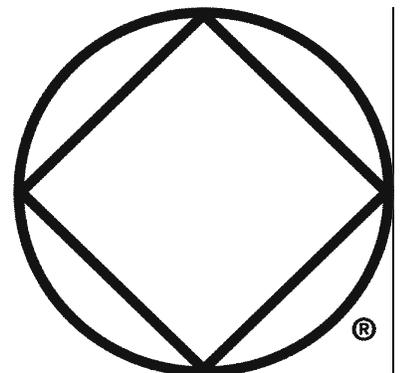
**STAY ALIVE KAUFMAN**

Gail 30 days  
Skip 9 months  
Will 1 year  
Bill 10 years

**WORK THE STEPS & LIVE**

Mary C. 30 days  
Freddie  
Heather R.  
Justin T 90 days  
Stephanie T. 9 months  
Nick B. 1 year

**NARCOTICS  
ANONYMOUS**



## GROUP CONTRIBUTIONS

### Some Thoughts Regarding the Service System Project

You know, I been thinking lately, as I do at times, as I read and hear all the members comments regarding the merits of the SSP, the merits of the GSU, LSU, State bodies, etc....and I been wondering....

the SSP has now been around and supposedly known about, or at least our informed pro SSP members say so, for what, at least since the first draft came out back in August of 2010....lets assume the fellowship started hearing about it in 2011, definitely for all of 2012 the SSP and its wonderful new service bodies have been the talk of the town....so here we are, the SSP has been approved for development in 2008, 2010 and 2012....the components of the SSP, the GSU, the LSU and the State/National/Province body have been discussed and dissected ad nauseum, and the details about these new service bodies remain basically unchanged since inception, how they work, how they should be formed, etc.....

NAWS claims the fellowship loves the SSP, or at least they claim there is widespread support for it all over the world....NAWS claims the majority of the fellowship supports the SSP and the new proposed bodies, they say the fellowship likes 'em, wants to give 'em the 'ol college try....

we have over 60,000 groups, how many have come together to form GSUs ?, I doubt even 100.....we have over 1000 Areas, how many have reformed as LSUs ?, a dozen ? how many have COMBINED with other Areas to form LSUs as prescribed in the CAR ?, NONE ?...how many Regions have reunified with other regions in their state ?, NONE ?.....

if the SSP is so beneficial for the fellowship, can someone please tell me why so FEW groups/areas/regions have implemented the damn thing ?.....and don't tell me you are still waiting for the SSP to "officially" or formally pass at the WSC, or waiting for yet more direction from mama and papa (the WB), cause we still got brains I do believe, its all in the 2012 CAR, and groups/areas/regions can do whatever the hell they want whenever they want.....

the reason so few groups/areas/regions have done anything, the reason so few groups have formed GSU's, the reason so few Areas have formed LSUs, the reason ZERO regions have reunified/combined, is when push comes to shove and footwork is required, we don't really need it or want it !.....no one wants to put in the footwork to form GSUs we don't need, no one wants to put in the footwork to reform as LSUs or heaven forbid start meeting with other Area reps to combine our Areas and ASC's, no one wants to put in the footwork to combine their region with another region...you know why ?....cause it is ALL unnecessary, it is not needed, not wanted.....

on paper it may be acceptable to some, but in the real world, when its time to start meeting to put it all together, no one is doing it....and very few are gonna do it, even if it somehow passes and becomes the new approved Service Structure.....what's NOT been happening should be an omen to NAWS, that we are not doing anything to rush and install these new service bodies.....all is well as is, when it comes to getting into action, only a very small minority want this SSP, the proof is in the lack of footwork to get the SSP up and running in NA communities.....lets just put this damn thing to bed and kill it by voting NO when the SSP Motion or Transition Project Motion appear in the CAR in 2014.... it will save the fellowship alot of undue disunity, chaos, confusion and trouble..... *Loving Member - California NA*

## GROUP CONTRIBUTIONS

### My feelings and emotions

What are feelings? I have been told that is how we remember the emotions that we have towards other people, places, and things. Those of us that have brain damage from internal and external circumstances have no memory of those emotions. I want to remember the emotions and the feelings. I want to love and be loved. I pray to my higher power on a daily basis that he gives me have my feelings and emotions except depression. I lived long enough with that one. Recently He had granted me glimpses of some of my feelings. Where my daughter is concerned, I have felt sadness and the pain of missing her. He has also given me the feelings of being in Love for a week and then he gave my depression for a single day. The Felling of being in Love is one that I will cherish for a long time. I will take the one da of depression for one week of being in Love. I have discovered that the felling and emotion of Love is a very powerful feeling, especially when it is for one specific person. I know that I love my mom, dad and my sister and my relatives, I love the people that I am with on a regular basis but I don't feel it in my heart. Last week when I Felt LOVE for a specific person if felt really wonderful. I want more of that feeling. I don't go around telling people that I love them because I think that they may want to hear if, for me Love is feeling that should not be given lightly. So the next time you hear someone say that they love you, ask them if they feel it in their heart when they said it.

*David S.  
Northside*

### Crossing that Line

Thank you ladies for coming to share  
You've touched every heart  
You see here.  
Sharing the words of your past  
Shows it works  
But nothing comes fast.  
Coming and sharing these few minutes of time  
Shows is the glory behind crossing  
"that" line.

*Melissa 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**

January 20 @ 2:00 pm  
Last House on the Block NA  
Committee Chair : Theresa F. 214-886-6309

### **OUTREACH COMMITTEE MEETING**

January 20 @ 11am  
Town East NA  
Committee Chair: Robert S. 214-283-0973

### **PUBLIC RELATIONS COMMITTEE MEETING**

CONTACT CHAIR BELOW FOR MEETING TIME AND PLACE  
Committee Chair: Nikki P. 214-576-1975

### **HELPLINE COMMITTEE MEETING**

CONTACT CHAIR BELOW FOR MEETING TIME AND PLACE  
Committee Chair: Kathleen C. 214-994-3683



### **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](mailto: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**  
February 3, 2012 1:30 pm  
Central Group

### Events

*Miracles & Solutions*  
**Anniversary**  
January 12 / 12pm

*Grove Group*  
**Sponsee Speaker Jam**  
January 19 / 12pm-5pm

*SOCNA*  
**2nd Anniversary**  
January 26 / 12pm



website at [DALLASAREANA.ORG](http://DALLASAREANA.ORG)  
Please see the Dallas Area  
for group events and  
sub-committee meetings.

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