



# The Dallas Area Newsletter

"April 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 TOPIC

*Attraction*

*JFT pg. 96 April 2nd*

*"Our public image consists of what we have to offer: a successful, proven way of maintaining a drug-free lifestyle."*

Yes, we are attracting new members. More and more addicts are finding Narcotics Anonymous. But how do we treat our newest members when they arrive, worn out from their struggles with addiction? Do we reach out to newcomers who are standing by themselves at our meetings, confused and uncertain? Are we willing to give them rides to meetings? Do we still work one-on-one with the addict who suffers? Do we give out our phone numbers? Are we eager to go on a Twelfth Step call, even if it means getting up from our comfortable beds in the middle of the night? Will we work with someone who has a different sexual orientation or is from another culture? Are we generous with the gift of our time?

No doubt we were met with love and acceptance by our fellow addicts. What attracted many of us to Narcotics Anonymous was the feeling that we had finally found a place where we belonged. Are we offering that same sense of belonging to our newer members? We cannot promote Narcotics Anonymous. But when we put principles into action in our lives, we attract newer members to the NA way, just as we were attracted to recovery.

**Just for today:** I will work with a newcomer. I will remember that I was once a newcomer myself. I will seek to attract others with the same sense of belonging I've found in NA.

## 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 BIRTHDAYS

## BROKEN CHAINS

**30 days:** Thomas G  
Brian  
Michael  
Crystal  
Jennifer  
**90 days:** Jeff  
Al  
**9 months:** Kat  
**1 year:** Cindy  
Karrie T  
Summer  
**18 months:** Summer G

## CARROLTON FARMERS BRANCH

**30 days:** Korey M  
John M  
Greg T  
Tim M  
**60 days:** Gina N  
Leslie M  
Frankie T  
**9 months:** Melissa B  
**1 year:** Kourtney L  
**18 months:** Gary M  
Courtney

## DE SOTO

**1 Year:** Shelly  
**22 Years:** Ken M

## DUNCANVILLE

**30 days:** Philifa S  
Joyce H  
**60 days:** Owen C  
**90 days:** Elaine W  
**6 months:** Gabriel P  
**9 months:** Robin R  
Luckey  
**7 years:** Reginald C  
**10 years:** Monica S  
**16 Years:** William F

## LAST HOUSE on the BLOCK

**2 years:** Theo

**20 years:** Fran  
**23 years:** Kathy B

## MC KINNEY GROUP

**60 days:** Terri  
**18 months:** Janie H  
**4 years:** Bradley C  
**20 Years:** Teresa N

## RED OAK

**90 Days:** Zach  
**1 year:** Richard M  
Irving P

## SOUTH OAK CLIFF NA

**30 days:** Earl M  
Felicia  
**90 days:** Donny  
Lulu  
Noreen  
**6 months:** Sheila  
Cedric  
**9 months:** Elliott  
**1 year:** Nate  
**3 years:** Velma  
**4 years:** Marconih

## STAY ALIVE KAUFMAN

**60 days:** Bob  
**1 year:** Alfie

## TOWNEAST NA

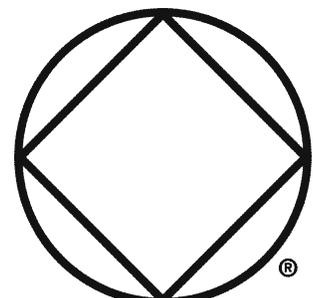
**30 days:** Kelsie P  
Julie M  
**60 days:** James P  
Jennifer L  
**6 months:** Delores G  
**9 months:** Sabrina S  
James P III  
**1 year:** Shelby D  
**3 years:** James P  
**5 years:** James E  
**15 years:** Martha T  
**20 years:** Patty

## WORK THE STEPS & LIVE

**30 days:** Cindy G  
Heather G  
**60 days:** Jeremy S  
Jake Sr.  
**90 days:** Casea S  
JP

**6 months:** Miranda L  
Justin T  
Jessica  
**9 months:** Montell B  
**1 year:** Stephanie T  
**2 years:** Anthony A  
**3 years:** Gilbert G

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## CONTRIBUTIONS

### One Addicts Experience with Acting as If

The Dallas Cleansheet needs support!!!!!! I'm neither a writer nor a Basic Text banger, and certainly not an NA expert. As I sit here at Starbucks waiting to meet a sponsee I face this dilemma: What is there left to do. Apply the same behavior I have been repeating over and over again, is what is left to do. Acting as if has been an effective tool keeping me out of isolation and working my program. This suggestion was given to me by my sponsor when I perceived I had no higher power and was faithless. After weeks of her suggesting I pray in regard to many different situations and me not doing so. I finally had to confess to her I thought prayer was a joke because I didn't believe or have a Higher Power. I didn't believe it could work for "ME". Her answer to my dilemma, keep praying anyway. My response: What? Her response: keep praying anyway, just act as if you believe. I continued to pray (even though I didn't believe), work my steps, go to meetings and do service work. By the time I reached my step three I had a mustard seed of faith and a glimmer of hope. I no longer had to act as if because I was confident that I had a caring, and loving higher power. I came to believe!

My sponsor told me to buy a step-working guide and we would begin working my steps. again I didn't believe it would work, but I picked up the pen and acted as if. My sponsor suggested I start chairing meetings. I didn't believe this could help me stay clean but again I acted as if. My sponsor suggested I reach out to other women in the Fellowship. I had no idea how to relate to women and I didn't believe this would help me stay clean but I acted as if. This tool allowed me to begin working my steps with a sponsor who loves me through the process unconditionally. Through processing my stepwork we are developing a deep spiritual relationship. More importantly I continue to find solution as I complete step work.

Yes, I had read about it in the Basic Text...but I didn't believe it when I started working the steps. I had no idea as to how to be a friend or relate to women yet I am learning how. I certainly didn't believe I would ever receive love, acceptance, or support from women and I have.

The tool of acting as if...still takes me to and from Area. Acting as if has given me the opportunity to serve at the convention. Today acting as if is helping me sponsor a woman who has double my clean time. I have some anxiety and a lack of faith in my ability to Sponsor her. I continue to work my program, stay connected to my H.P., and apply my spiritual principles. I focus on the therapeutic value of one addict helping another. I reflect on all the experiences of having the message carried to me by the "newcomer". I continue to practice humility and act as if...as we process her stepwork.

I am relieved to know there are no PHD's in recovery just B.S.'s available to those who know something! I am not re-

## COTRIBUTIONS

quired to levitate to sponsor women! I just have to be willing to walk with them through their stepwork and love them through the process. I will just continue acting as if...even when I don't believe I have the capabilities to help another recovering addict; because one thing is certain I have the qualifications!

The only way I have been able to come to believe and grow in my process is by not picking up the first one. I didn't believe I could stay clean forever. Ya'll just tell me to do it a day at a time. I believe I am never cured. I believe I am only granted a daily reprieve from my disease, provided I don't use and act as if A Day at a Time. I do believe any addict can lose the desire to use and find a new way to LIVE!!

*Jennifer - Eastside*

### **"Tradition Twelve"**

The Twelfth Tradition reminds us of the importance of putting "principles before personalities." In recovery meetings, this might be paraphrased, "don't shoot the messenger." We often get the message confused with the messenger, and negate what someone shares at a meeting because we have personality conflicts with the person speaking.

If we are having problems with what certain people have to share at meetings, we might want to seek the guidance of our sponsor. Our sponsor can help us concentrate on what's being said rather than who's saying it. Our sponsor can also help us address the resentments that may be keeping us from acknowledging the value of some particular person's recovery experience. It is surprising how much more we can get out of meetings when we allow ourselves to do as our Twelfth Tradition suggests, focusing on recovery principles rather than personalities.

In personal recovery, we seek to replace self-will with the guidance of a Higher Power in our personal affairs. In the same way, the traditions describe a fellowship that takes its collective guidance from spiritual principles rather than individual personalities. That kind of selflessness is what the Twelfth Tradition means by the word "anonymity," and it is the spiritual foundation upon which Narcotics Anonymous is built. Tradition Twelve is all the traditions rolled up in one, summarizing and reinforcing the message of the previous eleven.



**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**

April 21 @ 2:00 pm

Town East NA

Committee Chair: Sal A. 214-6427178

**OUTREACH COMMITTEE MEETING**

April 20 @ 2 pm

Town East NA

Committee Chair: Robert S. 214-283-0973

**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**

**Awakenings**

Tues & Thurs 6pm & Fri 10pm Candlelight

**Broken Chains**

Needs members with clean time & sponsors.

**Carrollton Farmers Branch**

Needs male & female sponsors

**Carrying the Message**

All Meetings / Sponsors

**Central Group**

All meeting need support

**Living Clean the Journey Continues**

All Meetings / Sponsors

**Miracles & Solutions**

Needs support

**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

**Stay Alive Kaufman**

All meetings/Experienced members

**Work the Steps & Live**

Female Sponsors needed

Meeting support 12pm, 7pm, Fri 10pm

**Just for Today**

Meeting support / men & women for 12pm and 8pm meetings

**Dallas Area Service Committee**

May 5 Northside, 2012 1:30 pm

**Dallas Area Group Events**

**Miracles & Solutions**

*Miracles in Spring Speaker Jam*

April 13th 11am—9pm

**Grove Group**

*Car wash/Speaker Jam*

April 20th 10am—9pm

**Town East NA**

*Annual Spring Fling*

April 27th 12pm—9pm

**Duncanville Group**

*Speaker Jam*

April 26th 7pm—10pm

April 27th 1pm—10 pm



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