



# The Dallas Area Newsletter

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

## NEXT MONTH'S TOPIC

"Keeping Faith"

JFT OCTOBER 2ND

*"We found that we do not recover physically, mentally, or spiritually overnight."*

**Basic Text, p. 46**

Have you ever approached a recovery celebration with the feeling that you should be further along in your recovery than you are? Maybe you have listened to newcomers sharing in meetings, members with much less clean time, and thought, "But I'm just barely beginning to understand what they're talking about!"

It's odd that we should come into recovery thinking that we will feel wonderful right away or no longer have any difficulty handling life's twists and turns. We expect our physical problems to correct themselves, our thinking to become rational, and a fully developed spiritual life to manifest itself overnight. We forget that we spent years abusing our bodies, numbing our minds, and suppressing our awareness of a Higher Power. We cannot undo the damage in a day. We can, however, apply the next step, go to the next meeting, help the next newcomer. We heal and recover bit by bit - not overnight, but over time.

**Just for today:** My body will heal a little, my mind will become a little clearer, and my relationship with my Higher Power will strengthen.

## 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.

Thank you,  
 The Dallas Area Newsletter Sub-Committee

# GROUP



# BIRTHDAYS

**CARROLLTON-FARMERS  
BRANCH GROUP**

**30 Days:** William P.  
**90 Days:** Kristin  
**6 Months:** Alison S.  
 Derek S.  
**1 Year:** Matt H.  
 Rikita M.  
**25 Years:** John P.  
**34 Years:** Ron W.

**BROKEN CHAINS**

**30 Days:** Gary

**DE SOTO GROUP**

**90 Days:** Melinda W.  
**6 Months:** Brian S.  
 Zachary S.  
**1 Year:** Steve S.  
**21 Years:** Kevin N

**DUNCANVILLE GROUP**

**60 Days:** Sarah H.  
 Charlie M.  
**18 Months:** Sandy M.

**GROVE GROUP**

**18 Months:** Misty W.  
**1 Year:** Rosalind H  
 Angela B.  
**3 Years:** Castanita F.  
 Johnathan H.  
**4 Years:** Jamie G.  
**5 Years:** Bernice D.  
**24 Years:** John L.

**IRVING GROUP**

**30 Days:** Steve F.  
 Mike D.  
 Sheyenne  
 Amber  
 Melody  
 Diana  
 Jason  
 K.K.  
**60 Days:** Rebecca G.  
 Donna G.  
**90 Days:** Theresa  
 Ashlee  
 Brea  
**6 Months:** Johnathan P.  
**1 Year:** Stacy B.  
 Julius  
 Victoria  
 Brandy  
**18 Months:** Randall I.  
 Philip R.  
**2 Years:** Prince  
**3 Years:** William  
 Starr G.  
 Ginger B.  
**5 Years:** James B  
**7 Years:** Phyllis W.  
 Clarence P.  
**10 Years:** Sharon O.  
**11 Years:** Gayle P.

**NORTHSIDE NA**

**30 Days:** Nikki M.  
**90 Days:** Betsy C.  
 William B.  
 Amy  
**6 Months:** Sara G.  
 Ely R.  
 Phillip Z.  
**9 Months:** Timothy P.  
 Callie P.  
**1 Year:** Chris P.  
 Brian S.  
 Lauren P.  
 Phyllis H.  
 Kirk M.  
 Sunny g.  
 Ian G.  
 Daniel K  
**18 Months:** Will M.  
 Lauren R.  
**2 Years:** Heather M.  
 Jodi L.  
 Matthew L.  
 Jason C.  
 Stacey L.  
**3 Years:** Johnathan H.  
**4 Years:** Matthew  
 Fred Y.  
 Chelsia S.  
**5 Years:** Constance R..  
**7 Years:** Jackie D.  
**10 Years:** Lane W.  
**11 Years:** Vicki K.  
 Darrell H.  
**12 Years:** Michael S.  
**13 Years:** Cynthia E.  
**14 Years:** Felicia W.  
**16 Years:** Scott M.  
 Mikay C.  
**19 Years:** Pat R.  
**20 Years:** Les C.  
**22 Years:** Joel B.  
**29 Years:** Robbie



**CONTRIBUTIONS****Relapse Row**

As I sit here in the back I'm scared, I'm broken,  
 I'm dying,  
 Dying inside from pain I think doesn't show but every-  
 one knows that I'm lying.  
 I want to process, I want to share, but it seems just too  
 big a task,  
 To let them know me, my deepest secrets, I really don't  
 think I could last.  
 But these women keep coming with nice smiles and nice  
 words and I still just keep coming back,  
 It's hard to believe that they really do care, I mean where  
 do they do that at?  
 But as I keep coming back the room starts to grow and  
 no longer feels like a box,  
 These people in here are just like me, have lived a life  
 that's full of hard knocks.  
 I'm not sure if it's when I started working steps or when I  
 formed a bond with my sponsor,  
 But slowly I'm seeing all the wonderful things this pro-  
 gram has to offer.  
 They told when I first hit the rooms they would show me  
 a new way to live,  
 That if I work on myself and be rigorously honest I  
 would see all that life has to give.  
 And somewhere in between I've moved on up to the  
 front and away from relapse row,  
 And even though I'm only on step two, my faith has  
 started to grow.  
 I'm learning to love and what love really is from people  
 within these walls,  
 The support, the care, the picking one up whenever one  
 of us falls.  
 I've never been a people person, I thought the world was  
 always my enemy,  
 But I'm learning how to live and be a better person from  
 the love from my NA family.

**SORAYA H.  
 GROVE GROUP**

**Becoming Real**

My Brothers and Sisters, the literature tells us that rela-  
 tionships can be a particularly difficult area for us. In  
 recovery, through practicing the principles I've learned  
 through step work, life has changed a great deal. I'll  
 wager that you and I have in common that once we spent  
 all our waking hours finding ways and means to get

**CONTRIBUTIONS**

more. We got clean, our disease arrested as we  
 stopped using, and found out, like it tells us in step 2,  
 that "The longer we stayed clean the more evidence we  
 had that our disease went much deeper than the  
 drugs." There aren't enough hours in the  
 day anymore. I stopped robbing, lying, stealing, cheat-  
 ing, degrading myself, debasing the value of others as a  
 result of applying this program. I made a list of the peo-  
 ple and institutions I had harmed, found willingness to  
 make direct amends, and with a sponsor, made those  
 amends. A part of that process meant an ongoing change  
 in my behavior. The relationship with many has grown,  
 sponsor, Higher Power, friends, children, sponsees, even  
 my pets! Life is fuller today than it has ever been. But  
 we need to keep applying principles, and doing the leg  
 work in recovery. In preparing for this article, I've  
 thought about the relationship I have developed  
 and moreover, am developing, with myself. Rather than  
 blow smoke up any orifice, I encourage you to look at  
 the one you are working to develop with yourself. Are  
 you taking these principles to heart for yourself? Are you  
 using the same compassion, patience, acceptance,  
 forgiveness, and honesty with yourself? The Triangle of  
 Self Obsession IP tells us that we can get caught in re-  
 sentments of the past, anger in the present and fear  
 of the future. Why would I think that, with some time  
 and step work in my life that left unchecked, I would not  
 return to that self damaging triangle? I used to sponsor  
 people, with the best of heart, only to find that taking  
 every opportunity to tell them where they screwed up  
 really didn't inspire them to open up to me. I found that  
 as I changed (and as YOU change) the message changed,  
 and I was able to work with sponsees, pointing out  
 the growth from their struggles. They have benefitted  
 more from this approach than any of the ones in the past.  
 What I suggest to you is that you remember that you are  
 human, and will wander off course from time to time.  
 Rather than beat yourself for your mistakes, note where  
 you would rather be going, and give yourself the grace  
 that God, NA and others have given you, and choose to  
 go where you ought. We are not perfect. Sorry to burst  
 the bubble! But we're really only works in process.  
 We're not who we were, and not who we will be, just  
 who we are. Why not practice unconditional love,  
 acceptance and encouragement with yourself? Pain is  
 unavoidable in recovery. Suffering and misery are  
 optional. Give yourself the freedom to give it up!  
 Truly, how dare I not be grateful?

**Member, Seacoast Area April/2010**

**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**

Third Sunday of each month  
Northside NA Group  
Committee Chair: Sal A. 214-642-7178

### **OUTREACH COMMITTEE MEETING**

Third Saturday of each month @ 2 pm  
Towneast NA Group  
Committee Chair: Robert S. 214-283-0973

### **HELPLINE COMMITTEE**

September 29th  
Irving NA Group

### **LONE STAR REGIONAL OUT- REACH and PEN-PAL 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)

## **G**ROUPS NEEDING SUPPORT

### **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

### **Duncanville Group**

Need support at Friday 9:30pm meeting

### **Grove Group**

8pm Step Working Guide Study the 1st, 3rd and 4th Saturday of each month.

### **Miracles & Solutions**

Needs support

### **Red Oak**

Women Sponsors

### **Seagoville**

Meetings Support/experienced members

### **South Oak Cliff**

Sponsorship

### **Stonewall**

#### **New Address:**

5910 Cedar Springs Rd  
Dallas, TX 75235  
(Cathedral of Hope)  
**Starting June 3rd**

### **Town East Group**

Monday s @ 5:30 Living clean meeting

### **Work the Steps & Live**

Meeting support

### **Just for Today**

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

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[WWW.DALLASAREANA.ORG](http://WWW.DALLASAREANA.ORG)

## **Dallas Area Anniversary**

December 6th @8 pm  
December 7th @ 11 am  
Central NA Group

## **Dallas Area Group Events**

### **LSRCNA VVIX**

April 17-20, 2014

For more information contact:

Mike B. 214-293-9763  
George A. 214-673-2047  
Jani J. 972-607-6443

### **Stay Alive**

*5th Anniversary*

October 12th—3 pm—10 pm

### **Red Oak**

**Rocktober Fest**

*3rd Annual*

October 5th @ 11 am to 8 pm

### **Broken Chains**

**Roctober Fest**

*1st Anniversary*

October 12th @ 12 pm to 8-6 pm

### **Towneast NA Group**

**Annual Chili Cook-off**

December 7, 2013

