



The Dallas Area Newsletter

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.

Narcotics Anonymous Literature

“Miracles Happen”—Page 103

INDEED, THERE CAN BE LITTLE DOUBT THAT THE
 NA PROGRAM HAS SURELY BEEN A GIFT FROM
 A HIGHER POWER TO THE STILL SUFFERING ADDICT.

LIKE OUR OWN INDIVIDUAL STORIES, THE
 STORY OF OUR PROGRAM'S BEGINNINGS MAKES ONE THING
 ABUNDANTLY CLEAR; MIRACLES DO HAPPEN!!!
 MAY WE NEVER TAKE FOR GRANTED THE GIFT THAT
 WE HAVE BEEN FREELY GIVEN
 IN THE PROGRAM OF
 NARCOTICS ANONYMOUS.

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

AWAKENING GROUP

90 Days: Sandra Jacqueline
9 Months: Andy Clay
1 Year: Raeven Talia Megan
18 Months: Nicole Heidi
3 Years: Cassandra Johnny S.
6 Years: Chris M.
7 Years: Jim B.
11 Years: Tom Chloe
12 Years: Betty

60 Years, 3 Months

CARROLLTON FARMERS BRANCH

30 Days: Jose M.
60 Days: Nate B. Levi P. Andrew M. Sam R. Veronica Bob
1 Year: Clinton G.
2 Years: Brad L.
7 Years: Laurie G.
9 Years: Mike M. Laurie G.

31 Years, 4 Months

DESOTO GROUP

30 Days: Beryl E. Freddie G.
1 Year: Mel W. April L.
18 Months: Mindee G.
2 Year: Keven
17 Years: Art F.
22 Years: Kevin N.

44 Years, 8 Months

DUNCANVILLE GROUP

18 Months: Elaine W.
2 Years: Lucky Roy M. Robin R.
6 Years: Tammara J.
7 Years: Michael B.
11 Years: Ken N. Anthony V.
13 Years: April Mc.

55 Years, 6 Months

NORTHSIDE GROUP

30 Days: Rick A. Steph M.
60 Days: Connie M. Eric H. Mary W
90 Days: Avery K.
6 Months: Savannah C.
9 Months: Cheri C.
1 Year: Betsy C Ty H. Shaq Ken J.
18 Months: Brenda B.
2 Years: Steve S.

4 Years: Jonathan H.
7 Years: Mary Z.
18 Years: Rusty M.
24 Years: Susie S.
25 Years: David S. Susan W.
28 Years: Shelley N.

142 Years, 8 Months

MIRACLES & SOLUTIONS OF SOUTH DALLAS

23 Year: Cheryl S.
23 Years

POETRY CORNER FROM JULY & AUGUST 2006

“Still Watching”

The sounds of the city are such a pity
 As the red lights go passing by.
 Across an unpaved street a heart stops its beat,
 Hear the lonely girl begin to cry.
 She Lays and cries over her one time man,
 Removes the needle from his frozen hand,
 Wipes the blood from his pale thin arm, and softly says,
 “Don't Be Alarmed, I'm still watching over you.”

Outside the alley they begin to rally,
 To watch the young man carried away.
 She walks by his side her face she hides
 For they were one just yesterday.

And one friend comes to comfort
 The girl who has lost her man to a white powder world
 His grave she visits beneath the shadowy trees,
 She softly whispers as she begins to leave,
 “Don't worry, I'm still watching over you.”

Stephen A., Towneast NA

“Letting Go”

What if, if only, and just one more time...
 This way, that way, and maybe if...
 Rationalizations, justifications, and denial...
 Vicious cycles, insanity, and familiar pain...
 Desperation, fear, and outright
DEFIANCE
 Then...
SURRENDER
 Abstinence, grieving, and clarity
 Awareness, inventory, and hope
 Honesty, faith, and self-love
FREEDOM
ACCEPTANCE
 Letting Go

Anonymous

Drug Problem?

We can help Helpline:
 1-888-NAWORKS or
 972-699-9306
En Español: 1-888-600-6229

CONTRIBUTIONS FROM JULY 2006

OUR HOPE

Before I came to Narcotics Anonymous, I was without the ability to live another way. Hopelessness is life in active addiction. I was hopeless, useless and lost. As an addict, I experienced the pain. Loneliness, and despair of addiction. Life equaled hopelessness. Any hope on getting better had disappeared, years before I found NA. helplessness, emptiness, and fear became a way of life. I was a complete failure. I just wanted a new way to live.

At the meeting there were people not using. A group of people not using gave me hope. Meetings are a process of hope. There was Gwen and Alvin, always exhibiting a countenance of hope. When I saw one of them, I was filled with a feeling that what I wanted could happen. There were people at the home group doing what they were there to do, participating in their own recovery while supporting, encouraging, and paying attention to me. Sadie, Dorothy, Pam, Ken and Cool Al, allowing me to tag along, they exposed me to our message: hope and freedom from active addiction. Sharing their time, their rides, and their experiences with me, gave me hope that it does get better.

Looking back, I can see that because of my spiritual condition, hope had to come from outside of me, from others, from the people God placed along my path. Still today, eleven years later, people sharing their recovery are a source of faith, strength and hope. I'm learning in the rooms of Narcotics Anonymous. I'm learning through working the steps that my personal relationship with God is my greatest source strength and courage and faith and hope.

Today, there's Roland, Aaron, Reggie, John, Tracy and Bond and the work we do together that keeps active the hope generating process. I have hope in the life I'm living. I strive to be well equipped with the tools of the program. I understand that to mean, having the principles of the program a fundamental part of who I am.

Hope will change the way you look. Hope will change the way you walk, When I was hopeless, I walked like I was hopeless. If you are new to Narcotics Anonymous, make meetings, make meetings and make meetings. Narcotics Anonymous' greatest source of hope is at the meeting. You seeing me will give you hope, just try it, I'll be at the meeting.

Alex G., Grove Group

HOPE

To reflect upon hope today, I have to look at the state of my hopelessness when I got here. Isolation, fear, and self-degradation had become a way of life. What made it worse was that it was all self-inflicted. Before active addiction self-sufficiency was for me a mark of manhood but, at the end of the road it was all proven a lie. All higher emotional thought, ambitions, dreams and opportunities were lost. All the things that I was once associated with – be it career, family, friends – if they had not been lost, they did not have my interest. Those things had been traded in for just one more.

At the first meeting, I knew this is where I belong. There were all kinds of folks there – professionals, blue collar, some had done time in institutions and some had not. The bottom line is they identified themselves as addict and were not using. There were various clean times from 1 day to double digits years. They did a lot of the same things that I had, but found a way to live without using drugs. I saw a glimmer of hope, for the first time that I never have to use again. I won't say it was easy because I was still full of denial and did not understand the disease of addiction, but at least the seed had been planted and they encouraged me to keep coming back.

I now have 3 years, 8 months clean – not that I am counting each day like at the beginning, but I can say hope keeps me coming back, I had no idea of the benefits that this program offers, I don't have the desire to use today. I go to meetings, utilize a sponsor, do service work, work the steps and try to live by the steps. Narcotics Anonymous has shown me how self-sufficiency is a lie especially in recovery. I didn't have a clue about intimate relationships, applying spiritual principles and certainly not allowing myself to become vulnerable to another human being.

NA has taught me that a problem cannot be addressed unless it is discovered and accepted. This program is not just about discovering problems but is about solutions & how we can help. It is about turning a defect into an asset and a crisis into a new opportunity. I am not the epitome of spirituality but y'all have taught me about living a spiritual life and have given me purpose in life and there is a lot of freedom in that. I have good days and bad days but y'all taught me that I don't have to use no matter what.

Charles A., Work Steps and 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

Third Sunday of each month
Committee Chair: Nicole B.

OUTREACH COMMITTEE MEETING

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

**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

DASC Meeting for July, Aug and Sept will be at Central NA Group , 2017 Riverfront Blvd., Dallas, TX 75027

GROUPS NEEDING SUPPORT

Awakening

Needs Support at Noon & 6PM meetings, 11AM Sunday and 3PM Saturday.

Broken Chains

Needs Support. New meeting Thursdays at 8PM

Carrying the Message

Needs Support.

Central NA

6PM meetings

Duncanville NA

Any Lengths Meeting Friday at 9:30PM

Eastside Plano

Need experienced members with clean time and sponsors

Grove Group

Need Sponsors

Just for Today Greenville

Women sponsors

Just for Today Plano

Need experienced members

Making Changes

Needs Support.

McKinney NA

Saturday at 7:30PM

Northside NA

Friday & Saturday Midnight meeting
Monday & Friday 7:30AM meeting

Red Oak

Women Sponsors

Rockwall

Need support for all meetings

Stay Alive

Meeting attendance and sponsorship

South Oak Cliff

Sponsorship

Southside Serenity

Friday Nights Fun after the 7PM meeting

Stonewall

Need Sponsors

Town East Group

Monday s @ 5:30 Living Clean meeting

Dallas Area Group Events

The Grove NA Group

31st Anniversary
Speaker Jam
Saturday, July 12, 2014

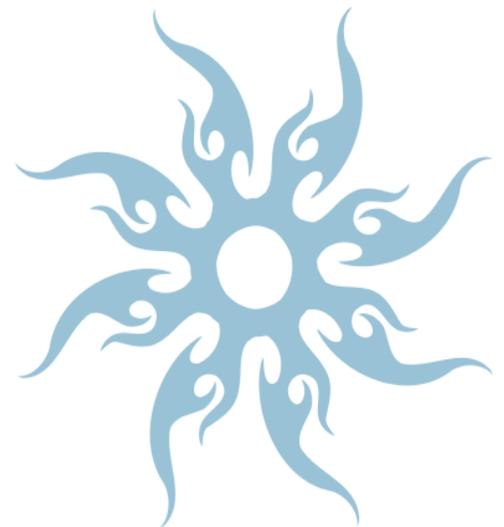
Eastside Plano NA

15th Anniversary
Speaker Jam
Saturday, July 19, 2014

Southside Serenity

Speaker Jam
Saturday, July 19, 2014

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WWW.DALLASAREANA.ORG



As Long As The Ties That Bind Us Together, Are Stronger Than Those That Will Tear Us Apart, All Will Be Well!

