



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"

Who was Jimmy K?

Together with Frank and Doris C, Guildia K, Paul R, Steve R, and others, Jimmy K., founded Narcotics Anonymous in Southern California. He and these members held a series of meetings beginning 17 August 1953 in order to organize what was then referred to as "San Fernando Valley Narcotics Anonymous and Alcoholics Anonymous" The first documented recovery meeting in Southern California was held on 5 October 1953.

Jimmy is a key figure in NA's history for several reasons. He wrote several portions of the Little White Booklet, the most famous of which is the "End of the Road" section. He designed the NA logo (later modified by the WSC). He served as the volunteer office manager of the WSO from the time it began to 1983. Jimmy K. lived from 1911 to 1985. The last 36 years of his life were spent as a clean and recovering member 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



World Convention of NA

The Gift Is Freedom

**11-14 June 2015,
Rio de Janeiro, Brazil**

Narcotics Anonymous is a bridge to life, and a path we can walk throughout our lives. The gift is freedom. Each level of freedom we experience opens us to greater freedom beyond, just as each level of awareness allows us to recognize how much we do not yet see. Although we may live very differently from one another, we share the same journey. We are so grateful to have found recovery, to be living clean, and to know, wherever we are in our travels—the journey continues.

Living Clean, Chapter One

The theme of WCNA 36, “The Gift is Freedom,” is a quote from the opening chapter of *Living Clean: The Journey Continues*. In our recovery journey, we find freedom and we rejoice in its gifts. We are free to pursue our dreams and bring them to fruition. We hope to celebrate this freedom with many of you in Rio de Janeiro!

We understand that many of you are planning to attend WCNA 36 and are waiting for more information to help you with those plans. We have not yet been able to finalize all of the details, but we want to provide you with the information we have now even though it is not complete.

If you or someone you know speaks English and is interested in being considered to speak at a workshop or main meeting at WCNA 36, please complete the online information form (na.org). Clean time requirements are five years for workshop speakers and ten years for main speakers.

We are also asking for English speaking volunteers with at least five years clean to help by listening to and evaluating potential convention speakers over the next few months (Nov 2014-Mar 2015). If you are interested in serving as a speaker evaluator, please complete the online information form (na.org) before 31 December 2014.

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Clean Time Celebrants will be back next month!

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Drug Problem?

We can help Helpline:

1-888-NAWORKS or
972-699-9306

En Español:

1-888-600-6229

E-subscribe - to the Cleansheet for a copy of the Dallas Area newsletter to your inbox every month Sign Up today at WWW.DALLASAREANA.ORG

CONTRIBUTIONS FROM AROUND THE WORLD

Only The Weak Can Cry

When I was a child, I cried if I wanted to gain something from my parents. When I grew older, I learned the same as everyone else around me: that only the weak can cry.

Later, during my drug abuse, when I got to the point of total despair, I cried and wished this whole thing would be over so that I could die. I grew thinner, I was beaten, and I abased myself; but I didn't die. I thought that no one would understand what had happened to me, and I would never be able to digest the things that had happened to me. I didn't think I could ever cry again. I became tough, and according to many, I was like a savage in the early years of my recovery—a savage who cannot and does not want to use drugs, and only hopes in his deepest soul that somewhere in the world a happier life exists. A savage from whom human feelings are very far, but who, deep in his heart, really wishes to feel them.

Then I found NA, and NA found me. My life improved and my lost dreams awoke. I trusted again. In recovery, I found friends, which I never thought I would be able to do. A wonderful period had begun. I fell in love with a girl, with whom I have lived together since then, and she is also in the program. Once, when I was telling her about my past pains, I started to cry. More exactly, I wanted to cry, but something was in my way. It was that belief that got in my way—that only the weak can cry.

Last autumn, I realized the dream of my life and went to the World Convention of NA in Honolulu. It was wonderful. It was the most beautiful and, at the same time, most difficult experience of my life, because my girlfriend and I fell out with each other and she didn't come with me. When I was riding a motorbike by the ocean, I thought to myself that, five years earlier, I had lived on the streets, and now I could be here. I felt like crying again, but I still couldn't. Only the weak can cry.

A few days ago we celebrated the sixth anniversary of the NA community in my town, Pécs. A speaker who is kind to me spoke about how NA was formed in Pécs six years ago. Something started in me then. I cried—no, I sobbed—for the first time in many, many years. It was a fantastic experience to allow the suppressed feelings of many years to break out from me. It was fantastic to realize, while I was sobbing, that NA had saved my life. At last, it could happen to me. From now on, I can be weak also—and, you know, only the weak can cry.

*Feri S, Csongrad, Hungary
July 2006*

No Matter What

I feel like I barely remember being a mother. My loss includes two sons. The word loss understates the void in my life caused by their deaths. My sons died three months apart.

Traumatized, I found myself operating on pure gut instinct. I had no previous experience with death in my immediate family, but I did know the role of victim/survivor, and I felt defeated. When that gut instinct kicked in, I knew what I had to do. My reactions were based on the tools my recovery can't deal with life on life's terms; hence, my need to have some sort of a plan. My sponsor, friends, Higher Power, and family support me on those days. I have revised the Band-Aid approach. Here's what works for me now: crying as often as needed. Writing. Talking. Sharing whatever I need to share, as often as I need to share it. And letting go the best that I can. I often let go of things by practicing a ritual of reflection. I burn letters, personal items, or duplicated pictures along with some sage or sweet grass. This ritual helps me feel like I'm offering a gift of love. As the smoke rises, I visualize a thought of placing my sons into God's hands. This energy can feel nurturing, even though I know nothing can bring back the dead. Taking a silent moment makes me feel as if I can do something.

I send my love and energy to them every day. I may think about my HP in many ways and engage in a number of comforting rituals. I do know, however, that what's truly important is staying clean, living just for today, and sharing and caring the NA way.

*Debbie N, Minnesota
October 2002*

Eighty-four Days

My name is Habib and I am an addict. Greetings to all the addicts at the Central Prison of Qazvin, and to all NA groups around the world.

I am writing this letter as I pass the final moments of my life. I am very close to death. I wish to send a message to all fellow members: I got clean through a Narcotics Anonymous meeting in jail, and through attending these meetings, I stopped using drugs. I have become very close to God, I feel good, and I am at peace with myself and the world. I have accepted the will of God.

I'd like to ask you fellows to stay clean and be of service. Try to help other addicts stay clean physically, mentally, and spiritually. Please continue this path to save other addicts. I have nothing else to say. My name is Habib, and by dawn my life will end. I will be hanged for the crimes I committed, but I have been clean for eighty-four days beside you.

I wish success for all addicts...members and non-members. God bless.

*Habib, Qazvin, Iran
October 2006*

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
Southside Serenity—Oct., Nov. & December
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 October, November and December will be at Northside NA Group , 9240 Markville Drive Dallas, TX 75243

GROUPS NEEDING SUPPORT

Carrollton/FB
Needs support

Carrying the Message
Needs support.

Central NA
6PM meetings

Desoto NA
Need women sponsors

Duncanville NA
Book Study—Monday at 6:30PM
Any Lengths Meeting Friday at 9:30PM

Eastside Plano
Need experienced members with clean time and sponsors—See new address
Saturday, 12AM 0 Needs support

Garland NA
Need support

Grove Group
Need sponsors & Support at 8AM meetings

Irving NA
8PM Needs support

JFT NA Greenville
Needs support

Last House
Needs Support

McKinney NA
Saturday at 7:30PM

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

Overjoyed NA
Needs Support, Friday 6PM

Red Oak
Needs Support
Women Sponsors

Town East Group
Monday s @ 5:30 Living Clean meeting

Stay Alive
Meeting attendance and sponsorship

South Oak Cliff
Sponsors

Southside Serenity
Friday Nights Fun after the 7PM meeting

Stonewall
Need sponsors and women with clean time—
support for Tue & Thurs @ 7:30PM

LSRCNA XXX

April 2-5, 2015

The Lie is Dead, We Do Recover

Dallas Area Group Events

Last House

22nd Anniversary/Holiday Pot Luck
Saturday, November 8, 2014
“Gratitude”

McKinney NA Group

Saturday, November 8, 2014
Leadership Speaker Event

Grove Group

Speaker Jam
November 15, 2014

Northside NA Group

Anniversary
November 15, 2014

Central NA Group

Anniversary
November 28,29 & 30th

Desoto NA Group

Anniversary
December 20, 2014

Grove Group

New Years Eve Dance
December 31, 2014

Garland NA Group

4th Anniversary
January 2015

**TWELVE TRADITIONS
WORKBOOK WORKGROUP**

The 4th Saturday, 1:30PM at
Northside Group

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

