



# 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 as addicts suffering from the disease of addiction.

## Narcotics Anonymous Literature Step Working Guide Step 12

### *Moving on*

Before we get too excited about the prospect of being finished with the Twelve Steps, we should realize that we're not finished, that is. Not only will we continue trying to practice the spiritual principles of all Twelve Steps, which many of us call "living the program," but we will formally revisit each of the steps, probably many times, throughout our lives. Some of us may immediately begin working through the steps again with the perspective that we've gained from our journey thus far. Others wait for a time or concentrate on certain aspects of the steps. However we do it, the point is that whenever we find ourselves powerless over our addiction, whenever more has been revealed about our shortcomings or people we've harmed, the steps are available as our path to recovery.

We should feel good about what we've done. We have, in many cases for the first time, followed a process all the way through. This is an amazing accomplishment, something about which we should be very proud. In fact, one of the rewards of working an NA program is finding that our self-esteem has grown a great deal.

We find ourselves joining society. We can do things that seemed beyond us before: exchanging hellos with a neighbor or the clerk at our local market, taking on positions of leadership in our communities, joining in social events with people who don't know we're addicts and not feeling "less than." In fact, we may have looked with contempt upon such things in the past because we felt we'd never be able to fit in, but now we know we can. We become approachable. People may even seek out our advice and counsel on professional matters.

When we think about where we've come from and what our recovery has brought to our lives; we can only be overwhelmed with gratitude. As it says in It Works, gratitude becomes the underlying force in all that we do. Our very lives can be an expression of our gratitude; it all depends on how we choose to live. Each one of us has something very special and unique to offer in gratitude.

- How will I express my gratitude?

### **EDITOR'S DISCLAIMER**

**Before sending anything in to us at the Clean Sheet 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.



CARROLLTON FARMERS BRANCH

30 Days: Liz Dia Teron  
90 Days: Mikael  
6 Months: Mike K.  
1 Year: Neicy

2 Years

DESOTO GROUP

3 Years: Steve S.  
6 Years: Portia M.

9 Years

DUNCANVILLE GROUP

90 Days: Anthony A.  
10 Years: Tedra H. Annette B.  
12 Years: Valire  
14 Years: Brenda W. Lenny W.  
16 Years: Jeff  
20 Years: Rosalina T.

86 Years, 3 Months

GROVE GROUP

1 Year: Charles N. Jason M.  
9 Years: Gailor M.

11 Years

LAST HOUSE ON THE BLOCK

30 Days: Laurie T Lonnie C.  
90 Days: Janna  
6 Months: Cameron K.  
9 Months: Kait S. Suzanne G.  
1 Year: Stefan  
18 Months: Randi R, Christopher N.  
7 Years: Kirk D.  
15 Years: Lee b. Don W.  
25 Years: Lisa W.

68 Years, 5 Months

MCKINNEY NA

30 Days: Kendall K. Nate W.  
60 Days: Mike B. Michael H. Lisa T.  
90 Days: Mary S. Rich P. Natasha C.  
6 Months: Khris B. Robyn B.  
1 Year: Lawrence  
2 Years: Noah C. Josh A.  
6 Years: Grant N.  
22 Years: Eris S.  
27 Years: Jose C.

62 Years, 7 Months

TOWNEAST

30 Days: John M. Bubba M. Aaron P.  
9 Months: Monica W.  
1 Year: Summer G. Britt B. Wayne K.  
18 Months: Kristina M. Woody  
3 Years: Kathy W.  
5 Years: Karrie D.  
7 Years: Robert S.  
16 Years: William A. David R..

54 Years

WYLIE

60 Days: Britney Stacey  
9 Months: Ashley  
1 Year: Christy Cory  
18 Months: Stephanie

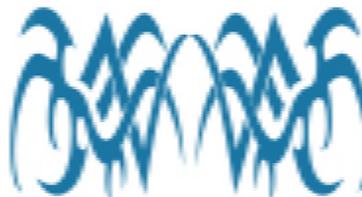
4 Years, 7 Months

*The Dallas Area Newsletter Subcommittee: would like to reach out to ALL addicts, we want to remind you that everyone is welcome to contribute to the Clean sheet.*

*Submissions have been very low recently. We would love to have more Recovery submissions from the Dallas Area Groups.*

*Get those creative juices flowing and send recovery related articles, poems, comics, songs, illustrations, announcements, etc. to:*

[clean-sheet@dallasareana.org](mailto:clean-sheet@dallasareana.org)



Drug Problem?

Call the Helpline:  
1-888-NAWORKS or 972-699-9306  
En Español:

## OTHER AREA REPRINTS

### What's the Word? — “Conscious Contact”

When we were in active addiction, we were often on the lookout for the “word on the street.” We came up with code words to try to mask our conversations about our drug use. Today, living in recovery, we’ve said goodbye to the addict’s jargon, and hello to the freedom that comes in speaking our truth — but we often rely on specific program-related words, terms and phrases that help us share a common language in N.A.

In order to truly share the language and the experience, we must understand the words we speak. This month, we look at a phrase from the 11th Step, conscious contact.

Step 11 states: “We sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.”

Regardless of our individual interpretations of the word God — or even the gender ascribed to God in this stated step — there are specific ways we, as a whole group in N.A., are meant to interpret this step. The phrase conscious contact is a great clue. Let’s break it down together to see what we can learn. According to the dictionary:

**Conscious (CON-shus)** – This adjective describes the state of being awake and aware of what is happening around you, or something that is known or felt by yourself.

**Contact (CON-takt)** – A noun, meaning a state of physical touching or communication. Putting these two words together, we have a phrase describing several possibilities:

1. An awakened, alert state (possibly of heightened awareness) involving physical touching.
2. An awakened, alert state (also possibly of heightened aware-ness) involving communication.
3. An awareness of what is happening around you that physically touches you in some way.
4. An awareness of what is happening around you as you communicate with another.
5. Knowing or feeling something physical for your self.

6. Knowing or feeling some form of communication.

When we look at all of these possible forms of definition of the phrase conscious contact, it becomes clear then that there are many valid ways to connect to our personal Higher Power. Step 11 specifically lists prayer and meditation as two distinct ways — and goes on to mention various types of religious formats we may use for either of these channels at our own discretion. Further, it cautions us to stay open to our Higher Power’s will for us as another way to improve our conscious contact.

As simple examples of the definitions listed above, we may find ourselves

1. In an awakened, alert state of heightened awareness during a prayer from other(s) that involves a laying-on of hands.
2. Awakened and alert to potential answers from our Higher Power as we pray or meditate.
3. Aware of what is happening around us as we hold hands with fellow addicts during the Serenity Prayer.
4. Aware of what is happening around us as we listen to others share in meetings and understand how their experience, strength and hope is relevant to our own problems.
5. Knowing or feeling our body’s reaction to some thing we don’t think is moral today.
6. Knowing or feeling that our Higher Power wants what’s best for us.

These are all simple examples of ways we may conscientiously improve our conscious contact with the God of our understanding, whoever, however or whatever that may be for us as individuals. There are countless other ways to meet these definitions and none of them is wrong, so long as we open ourselves up to a loving, benevolent Higher Power and consciously remaining in contact with that Higher Power for ourselves.

*In service, Kealah P.*

*(Reprint from the SOUTH SHORE AREA 10/2015)*

***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**

We need your Support!  
Committee Chair: Jennifer O.

**DALLAS AREA HELPLINE COMMITTEE MEETING**

We need your Support!  
August meeting at A Whole New Deal in Denton

**OUTREACH COMMITTEE MEETING**

Third Saturday of each month @ 2 pm  
Town East NA Group  
Committee Chair: Christie R—214-715-8434  
Joseph H. 214-404-5955

**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 November, December and January will be at Town East  
2209 Gus Thomason at Motley Mesquite, TX 75150**

**GROUPS NEEDING SUPPORT**

**A Whole New Deal**

Needs Women and Men for Step Speaker meetings all months on Fridays at 7:30 pm

**Awakenings**

Female sponsors

**Carrollton Farmers Branch**

Female sponsors & Saturday 6pm meeting.  
Monthly game night (last Friday of the month)

**Carrying the Message**

Needs support.

**Central NA—New Location**

Needs support with noon and 6PM meetings

**Desoto NA**

Needs support

**Duncanville NA— New Location**

Need support for 9am meetings

**Eastside Plano**

Need experienced members with clean time and sponsors. Saturday, 12AM Needs support

**Grove Group**

Need sponsors & support at 8am meetings

**Irving Group**

8pm & 10 AM Women's meeting need support

**JFT NA Plano**

Need attendance

**Last House on the Block**

Wed, 6PM need support

**Overjoyed NA**

Needs support, Friday 6pm

**South Oak Cliff**

Sponsors

**Southside Serenity**

The 2nd and 4th Fridays Fun Nights after the 7pm meeting

**Stonewall**

Women support and women sponsors

**Waxahachie**

Meetings on Monday and Wednesday at 12 noon

**Dallas Area of NA Anniversary XXXVI  
“The Ties That Bind...”  
November 6-8, 2015**

**Awakenings NA**

Talent Show & Speaker Jam  
Saturday, November 7, 2015

**Northside NA**

Group Anniversary  
Saturday, November 14, 2015

**Carrollton/Farmers Branch**

Group Anniversary—Pot Luck  
Saturday, November 14, 2015 - 6PM

**Central Group**

Group Anniversary  
November 26-29, 2015

**Town East**

11th Annual Chili Cook-off  
Saturday, December 5, 2015

**Grove Group**

New Years Eve Dance  
Thursday, December 31, 2015

**TWELVE TRADITIONS WORKBOOK WORKGROUP**

The 4th Saturday, 1:30PM at  
Northside Group  
Visit: [www.NA.org](http://www.NA.org)

**Multi-Zonal Service Symposium #2  
Workshop Members Needed**

Email: [facilitator@mzssna.org](mailto:facilitator@mzssna.org)

**As Long As The Ties  
That Bind Us Together,  
Are Stronger Than  
Those That Will Tear**

