



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

"The Basic TEXT"

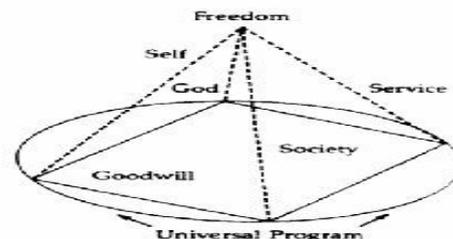
OUR SYMBOL

Simplicity is the key to our symbol; it imitates the simplicity of our Fellowship. All sorts of occult and esoteric connotations can be found in its simple outlines, but foremost in the minds of the Fellowship are easily understood meanings and relationships.

The outer circle denotes a universal and total program that has room within it for all manifestations of the recovering person.

The square, whose lines are defined, is easily seen and understood, but there are other unseen parts of the symbol. The square base denotes Good will, the ground of both the Fellowship and the members of our society. Good will is best exemplified in service; proper service is "Doing the right thing for the right reason." When Good will supports and motivates both the individual and the Fellowship, we are fully whole and wholly free. Probably the last to be lost to freedom will be the stigma of being an addict.

It is the four pyramid sides that rise from the base in a three-dimensional figure that represent Self, Society, Service, and God. All rise to the point of Freedom. All parts are closely related to the needs and aims of the addict who is seeking recovery, and to the purpose of the Fellowship which is to make recovery available to all. The greater the base, (as we grow in unity in numbers and in fellowship) the broader the sides of the pyramid, and the higher the point of freedom.



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.

The Dallas Area Newsletter Sub-Committee



**CARROLLTON-FARMERS
BRANCH NA**

30 Days: Albert G.
9 Months: Angie R.
Michael A.
1 Year: Yessinia
18 Months: Nancy

4 Years, 1 Month

CENTRAL NA GROUP

3 Years: Batrina G.
4 Years: Sharon R.
6 Years: Esmeralda P.
14 Years: Traci S.
24 Years: Jaz J.

51 Years

DESOTO NA GROUP

30 Days: Jose G.
60 Days: Jackie J.
6 Months: Shelby H.
2 Years: Bianca G.
6 Years: Cassandra B.
22 Years: Antony V.
26 Years: Beverly C.

48 Years, 9 Months

IRVING NA GROUP

30 Days: Amanda L.
Lois M.
Zeek Z.
Zac Z.
90 Days: Lon S.
1 Year: Jimmy G.
Brian B.
7 Years: Kecia
11 Years: David G.
14 Years: George A.
25 Years: Bob D.
28 Years: Kelly C.

87 Years, 7 Months

JFT-GREENVILLE

30 Days: Lesley B.
Heather R.
60 Days: Sandy
James C.
Tim
Cookie
Katie B.
90 Days: Joseph L.
Austin G
9 Months: L.A.
Justin
3 Years: Will B.
4 Years: Lauren L.
5 Years: Tiffany
29 Years: Charles S.

44 Years

MCKINNEY NA

30 Days: Gina
Chris
60 Days: Elli
90 Days: Adam
9 Months: Rich P.
Mary
Natasha
1 Year: Julia
Christi
18 Months: Lawrence

8 Years, 47 Month

MIRACLES & SOLUTIONS

1 Year: Jack S.
25 Years: Marcella H.

26 Years

RED OAK NA

30 Days: Jason
90 Days: April P.
Jay L.
2 Years: Nick E.

2 Years, 7 Month

STONEWALL NA

18 Months: Juan P.

1 Years, 6 Months



WYLIE NA

22 Years: Susie B
27 Years: Richard D.

49 Years

CHAPTER 2

***WHAT IS THE
NARCOTICS
ANONYMOUS
PROGRAM?***

N.A. is a nonprofit Fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. This is a program of complete abstinence from all drugs. There is only one requirement for membership, the desire to stop using. We suggest that you keep an open mind and give yourself a break. Our program is a set of principles written so simply that we can follow them in our daily lives. The most important thing about them is that they work.

There are no strings attached to N.A. We are not affiliated with any other organizations, we have no initiation fees or dues, no pledges to sign, no promises to make to anyone. We are not connected with any political, religious or law enforcement groups, and are under no surveillance at any time. Anyone may join us, regardless of age, race, sexual identity, creed, religion or lack of religion.

We are not interested in what or how much you used or who your connections were, what you have done in the past, how much or how little you have, but

only in what you want to do about your problem and how we can help. The newcomer is the most important person at any meeting, because we can only keep what we have by giving it away. We have learned from our group experience that those who keep coming to our meetings regularly stay clean.

Service Prayer

God, grant us the knowledge that we may act according to your divine precepts.

Instil in us a sense of your purpose, make us servants of your will and grant us a bond of selflessness that this may truly be your work, not ours, so that no addict, anywhere, need die from the horrors of addiction.

*As adapted from the
Introduction
section in our Basic Text,
Fifth Edition*

NA Works!



MEMBER CONTRIBUTIONS

Completely drug free

Is the only way for me

The pain and sins are a part of my past

With peace and forgiveness at last

Love myself way too much

So I finally kicked my old crutch

I caused enough pain in my life

So I got off the ground and started a new life

Scars to remind me of the road to self-destruction

Now I am fortunate to be under construction

To accept all the things I cannot change

Plenty of time and priorities to rearrange

Thankful for my family that always believed in me

Even though I was ornery

Gad gave me strength when I was weak

I know now that I am my own worst critique

Perfection may never be achieved

Not sure how I am perceived

That's okay because I finally love me

-Anonymous

Hi NA Member,

Looking for someone who has time on Friday, May 6th, 2016 to help a fellow member by providing a ride and staying during the procedure for some lower back surgery. Willing to pay them enumeration for their time. I am a member from the Denver area.

Details are the following:

7:00 AM Lumbar Laminectomy procedure at Dallas Metro Surgery Center, located at 5920 Forest Park, Suite 700, Dallas, TX 75235. The main phone number is [214-350-2400](tel:214-350-2400).



Kimilah D. 3/26/2016—Northside NA

That Special Someone

I can't seem to get you off my mind; the obsession is so complete. I wonder when it is that we will ever meet.

I don't fantasize about having sex with you, just a relationship you see. I want you in my life because you're all I'll ever need.

Why can't my soul be happy without you, this I do not know? But not being able to have you is the crushing, fatal blow.

Hope and prayer are all I have today, for this must suffice. Because without it you see, I'll go back to shooting ice.

But in working the program of Narcotics Anonymous, I can say with a grin. I don't need that in my life today because it's better than it's ever been.

So for now I live without you, which is a pain I must endure. My faith in God is the only thing that keeps me secure.

Glen B. Last House on the Block
(Reprint from December 2011)

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

Northside (11836 Judd Court) will host our subcommittee meetings for May 15th, and June 19th (at their new address)! We need a group to host us for July, August, & September.

DALLAS AREA HELPLINE COMMITTEE MEETING

We need your Support!

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

Dallas Area Monthly Meeting

Irving Group will host The Dallas Area Service Conference meeting for the month's of April, May and June.
2003 N. Britain Rd. , Irving, TX 75061

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

McKinney NA

Noon M-F at alternate location

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

The next **Public Relations** meeting will be by conference call on May 26th at 7PM. The dial in number is (641) 715-3580. The meeting access code is 654702

Last House on the Block Picnic

Saturday, May 28, 2016 - 2:5 pm
Tietze Park: 2700 Skillman Street, Dallas, TX 75214

Texas State Convention of NA
“Into A Life We Hadn't Imagined”

May 27, 28 & 29th 2016
14315 Midway Road
Addison Texas 75001

Stonewall 36th Anniversary

Saturday, June 25, 2016 -10am-3pm
Dallas, TX 75214

Multi-Zonal Service

Symposium #2

Workshop Members Needed

Email: facilitator@mzssna.org

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



Drug Problem?

Call the Helpline:

1-888-NAWORKS or
972-699-9306

En Español: 1-888-600-6229

