



The Clean sheet

LETTER FROM THE CHAIR

The 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

Email us letters/comments : cleansheet@dallasareana.org

Narcotics Anonymous Literature
"Moving On"
NA Step Working Guide
Step One

As we get ready to go on to Step Two, we'll probably find ourselves wondering if we've worked Step One well enough. Are we sure it's time to move on? Have we spent as much time as others may have spent on this step? Have we truly gained an understanding of this step? Many of us have found it help-ful to write about our understanding of each step as we prepare to move on.

- How do I know it's time to move on?
- What is my understanding of Step One?
- How has my prior knowledge and experience affected my work on this step?

We've come to a place where we see the results of our old way of life and accept that a new way is called for, but we probably don't yet see how rich with possibilities the life of recovery is. It may be enough just to have freedom from active addiction right now, but we will soon find that the void we have been filling with drugs or other obsessive and compulsive behaviors begs to be filled. Working the rest of the steps will fill that void. Next on our journey toward recovery is Step Two.

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.

Town East

Dustin H (1m)
 Kristin S (2m)
 Sam R (2m)
 Victoria M (2m)
 Carlos R (3m)
 Jennifer B (3m)
 Manny M (3m)
 Scott P (3m)
 Brad P (6m)
 Eddy M (6m)
 John Boy (6m)
 Paul W (9m)
 Dawn N (1y)
 Debbie S (1y)
 Destiney M (1y)
 Jeanette B (1y)
 Maria H (1y)
 Ric F (1y)
 Shelby S (1y)
 Carissa (18m)
 Dana R (18m)
 Jeannie A (18m)
 Michelle M (18m)
 Nathan W (18m)
 Rob A (18m)
 Jennifer A (2yrs)
 Kelli M (2yrs)
 Kristina M (2yrs)
 Martin K (2yrs)
 Ray S (2yrs)
 Seth F (2yrs)
 Sametria C (3yrs)
 Stephine W (3yrs)
 Domingo L (4yrs)
 Yesenia A (4yrs)
 Christie R (6yrs)
 Gwen O (6yrs)
 Nicole N (6yrs)
 Tracy S (13yrs)

Wylie

Shelby (1m)
 Kryssi (2m)
 Ed (3m)
 Rodney (3y)

Shawn (4y)
 Susie B (22yrs)
 Richard D (27yrs)

Lasthouse

Willy (1m)
 Sarah L (3m)
 Angel V (3m)
 Dan S (6m)
 Lucy B (6m)
 Tayde P (9m)
 Stefan (18m)
 Staci H (15yrs)
 Jake F (21yrs)
 Kat W (28yrs)
 Metta J (31yrs)
 Amelia I (32yrs)

JFT Greenville

Heather R (1m)
 Justin H (1m)
 Kelcey H (1m)
 Lesley B (1m)
 Mike (1m)
 James C (2m)
 Sandy (2m)
 Austin G (3m)
 Cookie (3m)
 Joseph L (3m)
 Katie B (3m)
 Sandy (3m)
 Tim (3m)
 Clay L (6m)
 Kathy C (6m)
 Justin (9m)
 LA (9m)
 Deborah E (1y)
 Will B (3yrs)
 Lauren L (4yrs)
 Tiffany (5yrs)
 Angel A (18yrs)
 Charles S (29yrs)

Miracles&Solutions

Ron R (9m)
 Jack S (1y)

Ivory (2y)
 Timothy P (21yrs)
 Ragail H (23yrs)
 Marcella H (25yrs)

Desoto

Jackie J (2m)
 Jose (2m)
 Shelly (2m)
 Shelby H (6m)
 Al (1y)
 Bianca G (2yrs)
 Ollie J (2yrs)
 Cassandra B (6yrs)
 Jennette A (13yrs)
 Antony U (22yrs)
 Beverly C (26yrs)

Irving

Jeremy H (1m)
 Lauren P (1m)
 Nick E (1m)
 Amanda L (2m)
 Lois M (2m)
 Jon S (3m)
 Shannon K (3m)
 Parla L (3m)
 Rebecca V (9m)
 Denise P (1y)
 Sara S (1y)
 Mary F (18m)
 Misti (18m)
 Ben (2y)
 Elisabeth R (3yrs)
 Cory B (7yrs)
 Susan G (15yrs)

McKinney

Chris (1m)
 Gina (1m)
 Elli (2m)
 Adam (3m)
 Mary (9m)
 Natasha (9m)
 Rich P (9m)
 Julia (1y)

Christi (1y)
 Lawrence (18m)

CFBNA

Albert G (1m)
 Michael A (9m)
 Vangie R (9m)
 Yessinia (1y)
 Neicy (18m)

The Clean Sheet would love to recognize your birthday too! Please have your GSR email us a list by the last Monday of the month.

cleansheet@dallasareana.org



A NEW HOPE

In the days of my active addiction the only hope I knew sounded like this; "I hope that the police don't decide to pull me over today", or "I sure hope that guy comes back with my money..."

Hope

n.

1. *A wish or desire accompanied by confident expectation of its fulfillment.*

Narcotics Anonymous and its members have given me a new hope. I know that so long as I keep doing the right thing for the right reasons, I will grow in recovery and continue to improve. My belief in the type of hope that NA has taught me is reflected in every aspect of my life as I grow spiritually and continue to move forward in this beautiful journey of recovery and self discovery. My new hope helps me to deal with life on life's terms because I know "this too shall pass"! When I am discontent with any situation I try to reflect on my new found hope and patiently await either a change in the situation or a change in my level of acceptance. All in all life in recovery is good. My worst day clean is far better than my best day using. I know that so long as I don't add drugs to my life's equation and continue to work the steps I will become a much better person. As I meet me for the first time in my life I am beginning to understand what it is to love one's self and that is awesome. Thank you Narcotics Anonymous for my new hope.

Dave M

Town East Group

Service Work

When we first come to Narcotics Anonymous, what concerns us most is to quit the use of mind or mood altering substances. Not who pays rent, buys the coffee, or the literature. Being of service to anyone or anything other than ourselves is the last thing we should think of. We just want the pains of our active addiction to stop. Service work can be something simple such as making coffee, cleaning up, setting up for a meeting, opening doors and chairing a meeting. Doing these things can help us feel a part of the fellowship. This is an important part for the newcomer, getting involved. Getting out of our self-centeredness gives us a better perspective of life. As we become involved, we learn to keep the program first and to take it easy in other matters. We learn that service to others will get us out of ourselves and allows us to practice the principles found in the twelve steps of this program. Working with others is only the beginning of service work. Service is one of the components essential to the recovery process. In it's purest form, simply doing the right thing for the right reason. It is with this attitude that we pursue service work. Pride and self have no place in service, they can destroy a group. Through service comes personal growth. It enhances the recovery process and allows us to give back what was so freely given to us. This paradox of keeping what we have by giving it away is paramount in this program. Service to the fellowship is essential to the growth of Narcotics Anonymous. It is the responsibility of all members to participate in the service process. Balance is one of the keys to recovery. It requires God, self, service, and society to become fully whole and wholly free, and to find the freedom to live a life in recovery. Everything that occurs in the course of Narcotics Anonymous service must be motivated by the

desire to more successfully carry the message of recovery to the addict who stills suffers. Its purpose is to carry the message of recovery. Carrying the message varies from addict to addict, whatever we do to achieve this constitutes service to the fellowship. Recovery is our own responsibility. In keeping it solution oriented we strengthen our own recovery in service. In service positions we are placed in positions of trust. As trusted servants, we are in positions of service, at no time do any of us govern at any level of service positions. Through service in Narcotics Anonymous ensures the survival of NA. This is a God given program and through service and God's love and guidance we can continue to carry the message of recovery to the still suffering addict. As we find through time and service, we can only keep what we have by giving it away.

Tom F

Grove Group

Mask

Everyone has a mask they put on. People try to be what everyone wants them to be. People follow in groups. They follow other people. They are not themselves, why do we do that? I mean everybody follows someone whether they realize it or not. One thing you should learn in life is to be independent. Life has a series of tests, some are good and some are bad. People find that they have to be what other people want them to be. Behind closed doors when people are with a loved one they find out they don't have the mask on they are themselves. They are just scared they can't live up to everyone else's achievements. Those people end up being followers but should be your own leader. People are scared that if they show how they really are, they won't be accepted. Some people have it easy but most have to go through life with obstacles constantly getting in their way. They see no way out. Everybody needs someone to understand them, once you find that one person you never let go. That is the person you tell your most deepest secrets to, the one you go to for comfort. That one person will lift you up when your in need. Live your life to the fullest. Life is one big mystery to me. Sometimes you don't know where to turn but certain people are put into your life just to make you smile when your feeling bad. Just know your life is worth living and someone out there cares about you. So you should try to take off that mask, the one you are so used to wearing and just give life a chance. Life is too short to give up now. When your at your weakest point, that doesn't mean give up but it simply means to try harder and be the best person you can possibly be. Don't worry about anyone but you. Work hard and care for yourself you only live once. I said our lives are full of obstacles we can either try our best to knock em down or you can avoid them. Avoiding your problems will only cause more. So remember make each day count and imagine who you could be. You have to work hard but it is so worth it. You definitely should learn from your mistakes or you'll keep making them.

Angela Nexus

Readers submissions this month were chosen randomly from the archives of The Clean Sheet. If you would like to see your material featured here, please email us before the last Monday of the month
cleansheet@dallasareana.org

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 info please see below:

H&I HOSPITALS & INSTITUTIONS SUBCOMMITTEE MEETING

H&I has the following open positions:

- Facilitator
- Co-facilitator
- Assistant lit coord

Jennifer O.
972-983-3608

DALLAS AREA HELPLINE COMMITTEE MEETING

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

OUTREACH COMMITTEE MEETING

3rd 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-PALCOORDINATORNEEDS 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 NA will host the DASC for April, May and June. The address is 2003 N. Britain, Irving Texas — Then...Northside.

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 MessageNeeds 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

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

Wylie

Women sponsors

Stonewall-36th Anniversary

Saturday, June 25, 2016 -10am-3pmDallas, 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

Drug Problem?

Call the Helpline: 1-888-NAWORKS

or 972-699-9306

En Español:1-888-600-6229

