



South Coast Area of Narcotics Anonymous

Clean Sheets



September 2011

THE SOUTH COAST AREA IS HOSTING A
UNITY DAY / TALENT SHOW / POT LUCK
On Saturday, September 24, 2011

CALLING ALL TALENTED ADDICTS if you do Comedy, Sing, Dance (children & adults), Play Acoustic Guitar, Poetry, Skits, Juggling – whatever talent you have.....**WE NEED YOU!** Think of this as NA's version of "America's Got Talent". Come show us your stuff! If you have talent, or know of anyone who does in our Area or any other Area, please contact Dawn B. (ift93@att.net), Heather P. (hpersons@hotmail.com), or Kayla L. (kleroy23@hotmail.com) as soon as possible. There will be a limited number of acts so first come first served.

In addition to the fabulous talent show, we will have a fun-filled day of Fun, Fellowship, Speakers, Good Down-Home NA Information and a delicious Pot Luck. **MARK YOUR CALENDARS.....**

South Coast Area "Unity Day / Talent Show / Pot Luck"
Saturday, September 24, 2011
2:00 'till about 9:00 p.m.
San Clemente Presbyterian Church
119 Avenida De Le Estrella, San Clemente
(One block East of El Camino Real between Palizada & Presidio)

Please Join the South Coast and Orange County Areas for an . . . H&I POTLUCK

Saturday, October 1st from 1:00 p.m. – 4:00 p.m.
Garden Grove Friends Church
12211 Magnolia Street, Garden Grove
Come support both Areas Bring a potluck dish. . . . Have Fun. . . . Fellowship. . . .
Speakers! The food is beyond amazing! Come and fellowship with addicts in the Orange County Area!

H&I OPEN PANELS

Pacific Coast Recovery – 4th and 5th Saturdays of the month – 7:00 – 8:00 p.m. 1 year clean time requirement; and have a clear NA message of recovery. Joplin – 3rd Wednesday of the month. Must be VIP-cleared or in the process of; and have a clear NA message of recovery.

If it works for me, it can work for you! (if you work it)

When I came into the fellowship of NA, the members who came before me taught me that recovery is a process, not an event. As the Basic Text states in "How It Works," "We didn't become addicted in one day, so remember—easy does it." A lot of us want to fix all of our problems all at once only to end up feeling miserable, but we can begin to experience positive change in our lives by working the steps of Narcotics Anonymous. As one might expect, the beginning of this beautiful life-changing process is the first step. We can't do the others very well without it.

Step one says that "We admitted we that we were powerless over our addiction, that our lives had become unmanageable." This step was difficult for me to take since the key to a successful first step is in the admission, and I had practiced dishonesty my whole life. I had to admit to myself that when I used, I couldn't just use once. Even if I could somehow moderate my using for a period of time, all I could think about during that time was how and when I was going to use again. I had to admit that I was enslaved to my addiction. For me, there is no freedom to do anything but what the disease tells me to do, when I'm using. Therefore, I'm powerless. No matter how hard I try, I cannot help but try to find and use as much dope as I can, because I never EVER had enough. No amount was ever enough, so I lived to get as much as I could—I was powerless.

The way I acted in my attempts to find and use drugs ultimately made my life unmanageable. I did things I never wanted to do for the sake of drugs. Most of all, the important relationships in my life suffered. For example, even though I always loved my family and friends, if they got in the way of my using, I would hurt them and sincerely believe that they should have known better than to get in my way. I've dropped good friends because they didn't use, they didn't use enough, or didn't like when I was using. I've severed ties with family, because they just didn't understand me and why I felt I needed to use. Through NA I've found that I used in an attempt to deal with my feelings and life situations as they arose. Unfortunately, using only made my problems worse and pushed others away from me, which left me feeling more alone and hurt than before.

Though it can be painful to look at how my addiction manifests itself in my life, it is the only way I can gain the freedom to take responsibility for my part in the mess I had made in my life AND gain the power to change. The first step allows me to begin a process of changing into someone I love, respect, and cherish. However, without an honest and thorough first step, I am doomed to continue my using and blaming my problems and choices on others. Today, I choose freedom from familiar pain by accepting myself as an addict and working the first step in my life.

-Laura D.

NA Help Line (949) 661-6183
www.southcoastareana.com

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Beacon September 2011-
South Shores Area NA

SCANA

SOUTH COAST AREA OF NARCOTICS ANONYMOUS

We meet the last Sunday of the month to talk about what's going on in the South Coast Area.

All G.S.R.s are required to attend. Everyone is welcome.

6:30pm @ Shepherd of the Hills Church • 26001 Muirlands • Mission Viejo, CA

At the corner of La Paz & Muirlands.

Chairperson:	Mike L.	chairperson@southcoastareana.com
Vice Chair:	Heather P.	vicechair@southcoastareana.com
Secretary:	Kim L.	secretary@southcoastareana.com
Alt. Secretary:	Megan B.	
Treasurer:	Heather G.	treasurer@southcoastareana.com
Alt. Treasurer:	Jody S.	
RCM:	Dominic F.	rcm@southcoastareana.com
Alt. RCM:	Mike H.	
Literature:	Mimi S.	literature@southcoastareana.com
Alt. Literature:	Patty	
Youth Liaison:	Zack M.	
Phone Lines:	George O.	phonelines@southcoastareana.com
Webmaster:	Pete D.	webmaster@southcoastareana.com
Clean Sheets:	Charlie B.	cleansheets@southcoastareana.com
Parliamentarian:	Dawn B.	
Activities:	Robin L.	activities@southcoastareana.com

2nd Sunday of the Month • 5pm • Palisades United Methodist Church
27002 Camino De Estrella • Capistrano Beach, CA

H & I: Danielle S. hni@southcoastareana.com
Last Sunday of the Month • 4:30pm • The Effect Church
27122 A Paseo Espada, Ste 904 SJC, CA
Enter suite door in alley

Public Info: Pete D. publicinfo@southcoastareana.com
3rd Wednesday of the Month • 6pm • Palisades United Methodist Church
27002 Camino De Estrella • Capistrano Beach, CA

Become a volunteer in probation

Minimum Volunteer

Requirements

Attend a General Information Meeting

18 Years Old

Legal U.S. Resident

Valid Social Security

number

Valid Driver's License

Pass Background

Investigation

2011

General Information Meetings (GIM)

Wednesday September 7

Thursday October 6

Monday November 7

Tuesday December 6

All general information meetings will be held in the evenings from 7pm - 9pm at the Grand Avenue Office (GAO)
1001 S. Grand Avenue, Santa Ana 92705

Reservation required to attend meetings. Call (714) 667-7730 to reserve your seat.

For more information call (714) 667-7730 or go to www.oc.ca.gov/probation

H&I carries a clear message of recovery to addicts who are unable to get to outside meetings. This is accomplished through the operation of panels that visit specific facilities on a regular basis. Our belief is: "That no addict seeking recovery need ever die . . . without finding the way to a better life." If you are looking for a service commitment to give back what was so freely given to you --- we would like to invite you to join us at an H&I meeting.

Recovery Word Search

A	S	D	F	G	H	J	K	L	Z	X	Y	T	I	R	O	H	T	U	A
A	S	W	F	V	G	H	B	R	E	S	P	O	N	S	I	B	L	E	S
N	G	Q	R	A	Z	H	A	S	D	E	H	Y	L	T	C	E	R	I	D
E	F	C	E	C	C	R	A	N	D	O	M	U	Y	T	R	E	W	Y	R
V	R	E	E	U	D	E	R	E	B	M	U	N	O	P	I	I	U	I	A
E	J	C	S	L	D	V	D	S	R	E	B	M	E	M	E	B	U	O	O
R	C	N	O	E	M	E	E	T	I	N	G	S	M	G	W	D	C	L	B
D	S	E	L	X	E	N	F	V	F	E	R	G	A	X	T	H	O	S	E
G	K	I	E	I	R	T	C	L	E	A	N	S	N	A	T	U	R	E	D
F	S	C	L	S	T	D	T	L	V	I	S	W	U	D	E	D	G	L	H
G	V	S	Y	T	Y	L	G	I	Y	E	S	E	A	E	P	E	A	P	F
A	J	N	S	D	E	E	N	R	M	S	X	N	L	F	O	N	N	I	W
T	D	O	T	R	G	K	R	J	S	M	A	I	G	I	F	I	I	C	A
H	T	C	A	T	R	A	D	I	T	I	O	N	C	N	C	O	Z	N	S
E	A	H	Y	E	C	J	E	T	A	E	R	C	N	E	B	J	E	I	H
R	R	Q	I	D	Y	R	E	V	O	C	E	R	I	S	E	D	D	R	D
I	I	H	N	N	V	H	E	C	I	V	R	E	S	O	P	R	U	P	O
N	H	G	G	G	G	U	L	I	T	M	A	T	E	D	G	O	R	W	L
G	D	V	D	B	D	H	D	K	S	D	Q	W	O	U	R	T	H	N	H
O	P	P	S	S	I	T	I	O	N	E	S	N	O	I	T	C	N	U	F

All words are taken from the Tradition nine pg73-74.

Ninth Tradition

AUTHORITY
BOARDS
CARRYING
CLEAN
COMMITTEES
CONSCIENCE
CREATE
DEFINES
DIRECTLY
EXIST
FUNCTIONS
GATHERING
JOINED
MANUAL
MEETINGS
MEMBERS
MESSAGE



NATURE
NEEDS
NINE
NEVER
NUMBERED
OPPOSITION
ORGANIZED
PRINCIPLES
PURPOSE
RANDOM
RECOVERY
RESPONSIBLE
SERVICE
SOLELY
STAYING
SUCH
THINGS
THOSE
TRADITION
ULTIMATE

If you want your Clean Date listed on this calendar PLEASE contact me or have a GSR do so before the last Wed. before AREA.
Thank You

Bay Cities and Orange County Area Activities of Narcotics Anonymous Present


A Day At The Ball Park

At Angel Stadium in Anaheim
September 25, 2011
Game starts at 12:35pm
In honor of Angels of Anaheim VS Oakland Athletics

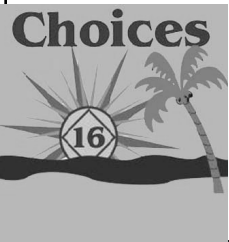



Ticket Donations \$15 per Ticket

Contact for more information
Telp: 714-414-2848
Doop: 310-926-7804



Choices



16

September Birthdays

- | | |
|---|-----------------------------|
| 9-1 AnnMarie 3
Mia 3
Dominic F 5
Lou R 9 | 9-19 Ellie 3
Rachel I 5 |
| 9-5 LoriAnn W 24 | 9-21 Denise J 5
Kim R 12 |
| 9-11 Michelle M 10 | 9-22 Chris H 3 |
| 9-13 Dani R 7 | 9-23 Derrick O 2 |
| 9-14 Garry W 25 | 9-29 Joel T 3
James 13 |
| 9-15 Ken D 8 | |
| 9-18 Danielle 6
Sherry 32 | |



Total Years for September: 148

Helpline: (949) 661-6183