



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

Saturday, October 1st from 1:00 p.m. – 5:00 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!

I recently celebrated my first birthday in N.A. and I had a difficult time thinking of what to share when I took my cake. I did not want to talk about my past. My head was thinking of how good I felt about my life today and how different a story it was just a short year ago. I made a list of all the people who had touched my recovery and who had taught me what recovery is about. I then came up with the following:

The 12 lessons I have learned this past year

1. To be fierce in my recovery. If I do not take my recovery seriously, no one else will.
 2. To attend meetings regularly and conduct myself in an appropriate manner.
 3. To show gratitude and humility in my daily walk and allow my Higher Power to work through me.
 4. To pray and meditate daily.
 5. To share openly and honestly regardless of the fear of being ridiculed or judged.
 6. To be gracious and welcoming to all who attend meetings.
 7. To honor my commitments with a joyful heart.
 8. To resist the temptation to issue judgments about another's recovery. It is not up to me to decide good or bad. I need only sift through the information and use what I can and leave the rest alone.
 9. To listen twice as much as I speak and not to speak on everything that I hear.
 10. To use my anger for motivational purposes only.
 11. To feel joy in small accomplishments rather than disappointment in not attaining a loftier goal.
- To remind myself daily that we are all doing the best we can. Be compassionate. Show integrity.

Thank you N.A. for giving me a new outlook on my life
and a fresh start.

Mia R.

THE WAY HOME

by Jo W.

Long did I wander, far did I roam,
Further and yonder, always alone.

Further and further, down hell's horror road
I quite nearly died, my story untold.

Lost, so lost, I couldn't find me,
Kept payin' the cost, but longed to be free.

At the end of my rope, not a minute to spare,
In a room I found hope: I was welcomed there.

They gave me some coffee, they told me to sit.
I then heard the stories that told me I fit.

Intently I listened as I heard them share,
With tears my eyes glistened, as I thought, "Do I dare?"

Finally I did it - I raised up my hand!
Was scared, but I said it: "An addict, I am!"

It was then that they hugged me, and welcomed me home
Their numbers they gave me; they told me to phone.

That word "home" - it hit me, way down in my gut
And with it came knowledge I couldn't rebut:

I'd been so lonely for so many years,
So many "if only's", and so many tears.

A home I had longed for, a place I could stay
So naturally I asked them to show me the way

"The steps are your home", they said with a smile
"If you live in these steps, you'll stick around for awhile."

"Step one," they told me, "It's like comin' through the door
When you enter your home, you're on the ground floor."

"Step two," they informed me, "is where you find hope.
Is this the place you can stay off the dope?"

"Step three, see the landlord, and start payin' rent.
Just for today, you'll be more content."

"We know that you're stayin', when you work your step four
It's like movin' in furniture, and shuttin' the door."

"In step five your invite over your very first guest
Then share with your company your worst and your best."

"In step six you take stock of the furnishing inside
Rearrange it a few times: some things you'd like to hide."

"In step seven you surrender that hopeless interior
To a decorator who shows you your home's not inferior."

"In step eight you finally peek into the attic
Now that you've faced it, it's not that traumatic."

"Step nine ushers in the day, you finally clear that mess away!
Your home feels light and sunny now: you've nothing left to disavow."

"Regular cleaning, that's step ten
You even do windows to keep the light comin' in."

"In step eleven you develop a true lasting friendship:
It's with the property manager that you experience this kinship."

"Step twelve is pure joy as you share your fine home
With addicts so desperate who've been so alone."

So I took their advice and these steps I lived in
Now I've found my true home, and it's in my own skin.

F.I.N.E.

Frustrated, Insecure, Neurotic, Emotional

F.E.A.R.

Face Everything And Recover

N.U.T.S

Not Using The Steps

D.E.N.I.A.L.

Don't Even Notice I Am Lying

H.O.P.E.

Happy Our Program Exists

G.O.D.

Good Orderly Direction

A.C.T.I.O.N.

Any Change To Improve Our Nature

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 M. 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)

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

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

All words are taken from Tradition Ten in the Basic Text pg 74.

Tradition Ten

ACHIEVE	OBSCURE
ADDICTION	OBVIOUS
AGREE	OPINION
ALLOWED	ORDER
ANONYMOUS	OUGHT
ANSWERS	OUTSIDE
BECOME	PARTICIPATE
CHANGE	PEOPLE
CHOOSE	POLITICS
CONTROVERSY	PRIMARY
DRAWN	PUBLIC
EPIDEMIC	PURPOSE
EVERYWHERE	REALIZED
EXISTENCE	RECOMMENDA-
FOUNDED	TIONS
HEARD	RECOVERING
HELP	REFER
HENCE	REMAINED
HISTORY	SEEK
IMPORTANT	SIDES
INVITE	SMALL
ISSUES	SOCIETY
JEOPARDIZE	SPEAKS
KNOWN	SPECIFICALLY
MORE	SPRANG
NAME	SURVIVAL
NARCOTICS	TENTH
NEVER	THOUGHT
NOWHERE	UNAWARE
	WONDER

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

NA Laughier Is The Best Medicine
South Coast Area Activities
Presents **The Annual GOMEDY SHOW**
29 October 2011
Saturday at 8pm
Doors Open at 7pm
San Clemente Presbyterian Church
119 Avenida De La Estrella
San Clemente, CA 92672
Tickets: \$10 (Donor or Advanced) - \$15 (General) (All The Body's Costumes are Optional)
From 10 South - Exit Avenida Palmdale, Turn Right - First Left onto Avenida De La Estrella Left into San Clemente Presbyterian Church
From 10 North - Exit Avenida Foothill, Turn Left - First right onto Avenida De La Estrella Right into San Clemente Presbyterian Church
For More Information Contact: www.southcoastareana.com
Robin L. (949) 248-2616 • Jody S. (949) 254-2337 • NA Rollin (949) 614-1153

Orange County Area Activities of NA
Presents
3rd Annual
Unity Day
Saturday October 8, 2011
Speaker Meeting - 7:00- 8:00pm
With Clean Time Count Down
Dance to Follow
Suggested Donations
\$6 Per Person
\$10 Per Couple
1st United Methodist Church
420 West 19th Street
Costa Mesa, CA 92627
Thy: 714-414-2848
Richard V. 562-537-7637

October Birthdays

10-2 Cliff S 2
10-6 Mike H 4
10-12 Joe D 22
10-16 Brad M 9
Curtis P 10
10-19 Collette H 6
10-20 James C 7
10-24 Mitch C 21

10-25 Jewels 8
10-26 Shawn 4
10-27 Jim D 20
10-28 Jacob B 4
10-29 Rachel A 5
10-31 Jessica W 4
Kevin I 19

New Meeting Starting August 20, 2011
11:00pm - Pillow Talk
C - Candlelight - D - JFT - H - NS
Capistrano Valley Church of Religious Science
32261 Camino Capistrano, D-105
San Juan Capistrano, CA

Total Years for October: 145

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