



Progressive, incurable and fatal... lately I am reminded of this and how true it can be. Watching a friend of mine with continued and worsening health problems largely related to drug use. *Alcohol is a drug.* Have no doubt about this. Seeing someone who stops for a few days, takes medication to get healthy and starts drinking (at least) again when every time they do their body just finds new ways to shut down. THAT is addiction, the insanity of it; the hopelessness of obsession, knowing what it will do and thinking maybe it's just an infection, or an allergic reaction to an antibiotic. Being told that each time you put a drug in your body it is only going to get worse yet doing it anyway. I remember what it was like for so many years not only with alcohol but the other one I would do anything to get, knowing that all the friends saying 'stop, you have a problem' will not help.

Standing back and occasionally asking if there is anything I can do to help, sharing my experience with my situation (but only once) is one of the hardest things I've done in a while. I avoid most situations in life where I would see such suffering but this one I can't and it is painful. I can understand more now of what my friends and family went through for so many years. This is a new pain for me to experience yet it makes me even more grateful for my recovery, my freedom, my ability to feel and change and grow. Without a belief in NA, something other than myself, I would not be able to stay clean, face the ever changing cycle of pleasure and pain that life throws my way and certainly not be here for those whom I care deeply about.

Charlie B.

THE STEPS ARE THE ANSWER

When we work the program, we live the steps daily. This gives us experience in applying spiritual principles. The experience that we gain with time helps our ongoing recovery. "We must use what we learn or we will lose it, no matter how long we have been clean." (*Basic Text pp. 81-82*). When I first came into Narcotics Anonymous I was told over and over "work the steps, work the steps". People shared in meetings about how many times they had worked the steps. I was told that I needed to work the steps as soon as possible. It seemed as if answering the questions and writing an this stuff on paper was going to be the "quick fix" I needed to get my life back in order. Well, actually I was partially right. First of all, working the steps is vitally important to recovery, and that is not just my opinion. "How It Works" in the Basic Text states: "If you want what we have to offer, and are willing to make the effort to get it, then you are ready to take certain steps. These are the principles that made our recovery possible." The steps are indeed an integral part of recovery. After all, that is how I learn to recover. Secondly, writing the steps down on paper is also a very important part of the process for me. I can think that I'm powerless or that I've surrendered as much as I want to, but once I have the cold hard facts staring me back in the face in black and white, then that's the time to get honest.

Writing it down on paper also allows me to go through the process. Whether it's turning over a character defect or looking at my part in something from my past so that I can get to where I'm supposed to be. The steps are not a "quick fix" however.

Indeed there are no "quick fixes in recovery. Recovery is as fast or slow as I make it, and it is a process. I will never do it perfectly. As long as I can say that today I did it to the best of my ability, then I'm doing okay. That is the true point when recovery really begins. I work the steps in order to learn how to live the steps, "to practice these principles in all my affairs". "It is only through understanding and application that they work." I must first understand the spiritual principles that reside in each and every one of these steps:

honesty, open-mindedness, willingness, faith, and anonymity to name just a few. It is only then, once I have begun to understand these principles, that I can begin to implement them in my life. I truly begin to live the steps and not only am I blessed by doing so., but I also become an example for others of what this program can really do. I must learn to live the steps on a daily basis. My recovery depends on it. Because as the Basic Text points out, if I don't I will lose it.
An Addict In Recovery

Reprinted from January 2011 of The Guardian-Upper New Cumberland Area of N. A.

"YOU"

You saved a life today by giving just one hug or maybe with a handshake or saying one "hello"

You were a friend today someone was not alone someone could see a smiling face or have a shoulder to cry on

You gave your time today you shared your strength and hope inspiring a group of people or maybe inspiring just one

You had a calm voice today which may have offered love or maybe just relaxed a mind or moved a tired body or helped to pass the time

You helped unite a group today without you there'd be none for everyone in this group contributes whether you know it or not!

by Kelli H.

Reprinted from Jan 2002 cleansheets

PHONE LINES NEED YOUR HELP

If you like helping others & have free time, NA needs help answering the phone lines. Call George O. (949) 201-9484

H & I NEEDS YOU

Hi. I'm Corey and I am an addict. I am so grateful for my life in recovery today and know that a large part of that is due to my service in Hospitals & Institutions in the South Coast Area. My first experience with H & I was when I volunteered to be a speaker at Spencer Recovery Center when I had six months clean. The thought of speaking in from of strangers terrified me, but my desire to share my story and possibly help another addict was great than my fear. I am so glad I walked through that fear because the response to my story was so awesome; that first time and every time after that. I have continued to be of service in H&I ever since that first panel. I've heard it said that we all have our little niche in NA and I found mine in H&I service. I went from having a steady panel at Spencer Recovery, to helping start a panel at Dr. Willa's Detox, and then eventually got my jail clearance and spoke a few times on a women's jail panel. At first I thought I didn't have anything to offer women in jail having never gone to jail myself, but boy was I wrong. H&I is about carrying a clear message of NA recovery and I discovered just what that meant when I spoke on the women's jail panel. What a gift! After a few years of being a panel leader, I walked through my fear once again and became the Vice-Chair of our H&I sub-committee. And now, I am nearing the end of my term as the Chair. Service in H&I has been such a wonderful experience for me and has kept me clean on more than one occasion. It is my way of giving back what has so lovingly been given to me in Narcotics Anonymous. And, in turn, words cannot express what H&I has given me. I encourage everyone to speak on at least one panel, and I'm sure anyone will feel what I have felt for the past four years. I am so grateful to be clean and to have found my niche in Hospitals & Institutions. Maybe it's your niche too! Come check us out!

Reprinted from the May 2009 Cleansheets



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

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: Jessica H. chairperson@southcoastareana.com
 Vice Chair: Mike L. vicechair@southcoastareana.com
 Secretary: Adam secretary@southcoastareana.com
 Alt. Secretary: Kim L.
 Treasurer: Pete D. treasurer@southcoastareana.com
 Alt. Treasurer: Heather G.
 RCM: Dominic F. rcm@southcoastareana.com
 Alt. RCM:
 Literature: Jody S. literature@southcoastareana.com
 Alt. Literature:
 Youth Liaison: Tyler S.
 Phone Lines: George O. phonelines@southcoastareana.com
 Webmaster: Pete D. webmaster@southcoastareana.com
 Clean Sheets: Charlie B. cleansheets@southcoastareana.com

Activities: George O. activities@southcoastareana.com
 2nd Sunday of the Month • 5pm • Palisades United Methodist Church
 27002 Camino De Estrella • Capistrano Beach, CA

H & I: Sandy H. hni@southcoastareana.com
 Last Sunday of the Month • 4:30pm • The Effect Church
 27122 B Paseo Espanda, Ste 1001 SJC, CA
 Enter suite door in alley

Public Info: 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)

Tuesday February 1
 Thursday March 3
 Tuesday April 5
 Wednesday May 11
 Thursday June 9
 Monday July 11
 Tuesday August 2
 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.

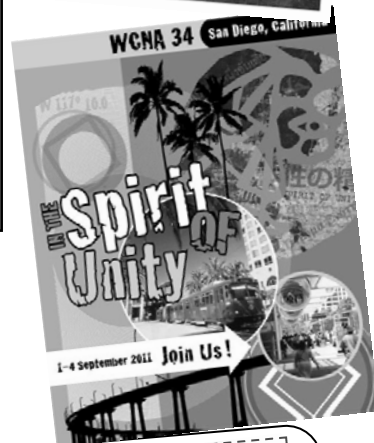
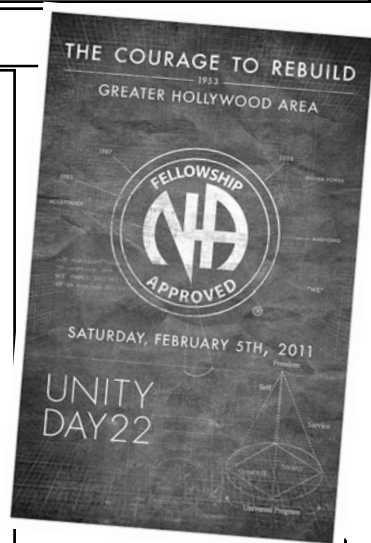
Recovery Word Search

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P	N	M	M	E	S	S	A	G	E	S	T	S	E	R	E	T	N	I	T
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All words are taken from the Second Concept page 4-6

Second Concept

ACTIVITIES	MEDIUM
AFFAIRS	MEETINGS
ANOTHER	MEMBERS
ATTRACT	MESSAGE
AUTHORITY	MONEY
BOARDS	NEEDS
CARRY	PANELS
COMMITTEES	PEOPLE
COMMON	PERFORM
CONCEPT	PROVIDE
CONCERNS	RECOVERY
CONSCIENCE	RESOURCE
CREATED	REGARD
DIRECTION	RESTS
ELECT	SECOND
EXAMPLES	SERVICES
EXERCISE	SHARE
EXIST	SIMPLE
EXPERIENCE	SINGLE
FINAL	SPIRITUAL
FULLFILL	STRUCTURE
FUNCTION	SUPPORT
GROUP	TIME
HAND	TOKEN
IDEALLY	TOOLS
INTERESTS	VITAL
	VOICE



Feb. Birthdays

2-2 Mike L 7
 2-4 Bev 9
 2-9 Corey N 4
 Jennifer B 4
 Josh V 4
 Oceana 4
 2-14 Briahna 1
 Michael L14
 2-17 Megan M 4
 2-18 Marty R 8

2-20 Sue H 12
 2-22 Tyler S 2
 James C5
 2-23 David R 24
 2-24 Liz B 10
 2-25 Glenda P 28
 2-27 Mo M 16
 Michelle F 24
 2-28 Tim G 11

Belated Birthdays

Ward 1yr 11-6
 Doug H 6yrs 12-30
 Travis 1yr 1-10



Total Years for February: 191

Helpline: (949) 661-6183