



South Coast Area of Narcotics Anonymous Clean Sheets



April 2011

Addiction

Two years have gone and wasted
 a normal drug free life I've barely tasted
 all the pain I caused and chose not to see
 is right here staring right back at me
 remembering the many mistakes I made
 gives me the strength to face each new day
 I have to stop and look in the mirror
 and remember the demons that once were there
 It's hard to admit and accept what I've become
 but at least I have guidance from the man up above
 the things I have witnessed and learned on the streets
 will put you in shock and you'll fall to your knees
 It's an unforgettable world that can't ever be explained
 you would have to live it and you will regret that you played
 It's a continuous battle I will fight to the end of my days
 and I finally accept my addiction won't ever go away
 I have to take it minute by minute and day by day
 It's time to face reality instead of running away
 I see five faces that give me reason to get through the roughest of days
 and if it gets too hard Jesus will carry me the rest of the way
 I have to forgive and believe in myself
 and stop holding on to the pain and misery that used to be felt
 I hope I continue to do right
 I pray God gives me the chance to one day
 give my kids a much better deserved life
 and with each new breath I have to remind myself it's not what I've done
 It's what I left
 This is my good bye letter to Crystal Meth.

ANDY



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

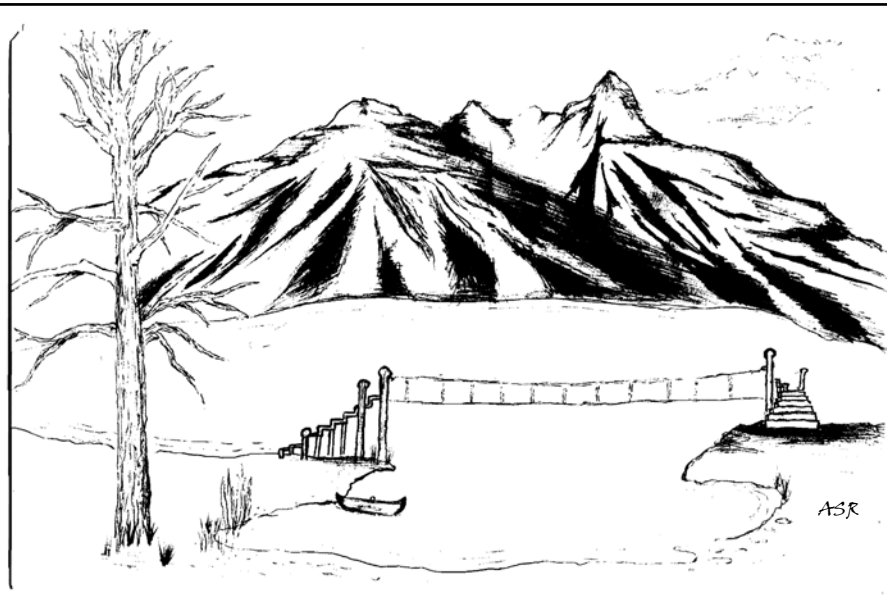
I once was lost but now I'm found thanks to the serenity known world round. From no dignity, job and my life to give I finally realized that was no way to live. So I turned to a power greater than myself, hoping to find the answer from someone else. It turned me to face drugs and booze, which was a tough battle to choose but like all addicts I **REFUSE** to **LOSE**. So I sit here now with time clean thanking that power for all it's given to me.

Anthony B

We need your help!

We need your help. Clean Sheets is in need of submissions. It can be a personal story of how you used the fellowship, 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 length of your article isn't very important either, just remember that shorter is better. 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.

Submissions can be brought to the South Coast Area Service meeting, E-mailed to:
 cleansheets@southcoastareana.com
 or handed directly to Charlie, the Clean Sheets Chairperson
 Thank you for your support!



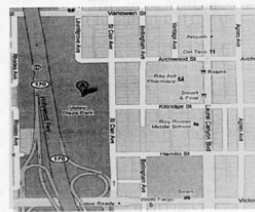
Southern California Regional H&I Annual Learning Day Presents:

Freedom Through our Message



Saturday May 14, 2011

Speakers from all over the region.
 Topic discussions, workshops and mock panels.
 Valley Plaza Rec. Center, in the gym
 12240 Archwood St No. Hollywood CA 91606



Program:
 Learning Day Event: 10:00 to 3:00
 Potluck & BBQ Dinner: 3:00 to 4:00

H&I Contact: Chris D. 951-233-2269
 SFV H&I Contact: Jim F. 818-285-9128

"Potluck"
 Please bring a side dishes

click for map

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: Mike L. chairperson@southcoastareana.com
Vice Chair: Heather P. vicechair@southcoastareana.com
Secretary: Kim L. secretary@southcoastareana.com
Alt. Secretary:
Treasurer: Heather G. treasurer@southcoastareana.com
Alt. Treasurer: Sharon
RCM: Dominic F. rcm@southcoastareana.com
Alt. RCM: Mike H.
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
Parliamentarian: Dawn B.
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 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

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.

2011 General Information Meetings (GIM)

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

Recovery Word Search

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

All words are taken from the Fourth Concept page 8-11.

Fourth Concept

ANONYMOUS	HIGHLY
ASPIRES	HONESTY
AUTHORITY	HUMBLING
AWAKENING	IDEALS
BACKGROUND	INHIBITS
BETTER	LEADERSHIP
CAPABLE	MEMBER
CAREFULLY	NARCOTICS
CHOOSING	NECESSARY
COMPROMISE	PERSONAL
CONFIDENTLY	PROFESSIONAL
CONFORMITY	QUALITIES
CONSIDERED	REGULAR
COURAGE	RESPECT
DELEGATE	SELECTING
DEPEND	SERVANTS
EFFECTIVE	SERVICE
ESSENTIAL	SHOULD
EVIDENCE	SKILLS
EXEMPLIFY	SPIRITUAL
EXPERIENCE	TRUSTED
FOUNDED	VALUED
GROWTH	WILLING



ORANGE COUNTY AREA NA PRESENTS
14TH ANNUAL DARE TO CARE SPONSOR-SPONSEE BRUNCH
SATURDAY, APRIL 16, 2011 10:00 AM TO 2:00 PM
DOORS OPEN AT 9:00 AM
BRUNCH SERVED 10:00 AM TO NOON
TWO SPEAKERS AFTER BRUNCH

DONATION: \$25.00 PER TICKET
BUY 10 TICKETS AT ONE TIME TO RESERVE A TABLE

PRESALE ONLY. TICKETS ARE NOT AVAILABLE AT THE EVENT. SEATING IS LIMITED

FOR MORE INFORMATION, CONTACT
AARON: 562.458.9633 OR
MARTY 714.313.5742

Santa Ana Elks Lodge • 212 S. Elk Lane • Santa Ana CA 92701

Orange County Area Activities of NA presents:

Laffin 4 Life Comedy Show

Saturday May 21st
8:00 pm to 10:00 pm
Doors open at 7:30pm

\$10 presale tickets, \$15 at the door

1st United Methodist Ch
420 West 19th Street
Costa Mesa, CA 92627

Contact:
Tiny 714-414-2848
Veronica 714-910-2471
www.orangecountyna.org

April Birthdays

4-1 Justin 4
4-3 Christian c 8
4-4 Eddie 8
4-7 Brian W 8
4-10 Robin L 5
Barbara 11
Rebecca S 18
4-12 Skip 13
4-13 Josh D 3
4-18 Jessica H 9
4-20 Manijeh 5
4-26 Dennis B 5
Judy W 40

4-27 Glen H 2
4-29 Andrew 2
Mark 3

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

BELATED
3-13 Bridgett 4 years

Total Years for April: 144

Helpline: (949) 661-6183

