



South Coast Area of Narcotics Anonymous

Clean Sheets



May 2011

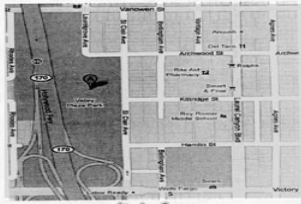
Southern California Regional H&I Annual Learning Day Presents:



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](#)

PUBLIC INFORMATION WANTS YOU!



The South Coast Area Public Information Sub-committee would like to bring you new, fun and interesting ways to be of service to NA and your community. Help yourself by helping others!

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!

Public Information (PI) is a subcommittee of the South Coast Area Service Committee of Narcotics Anonymous. The purpose of PI is to inform the public that Narcotics Anonymous exists, and provide information about how and where to find it. All activities directed to that end shall be carried out in accordance with the Twelve Traditions and Twelve Concepts of Narcotics Anonymous. We want to assure that no addict seeking recovery need die without having had a chance to find a better way of life. From this day forward may we provide the necessary services.

- Contact schools and spread the N.A. message to students.
- Carry the N.A. message to hundreds of parolees each month at P.A.C.T.
- Deliver meeting directories and IP's to Probation Dept., health care facilities, doctor's offices, libraries etc.
- Share ideas with other P.I. members
- Pick up a phone line slot and direct suffering addicts to meetings.
- Contact newspapers, radio, T.V.
- Sit in at the N.A. booth at the OC Fair.
- Have an interest in computers? P.I. also maintains the area website.
- Be a P.I. representative for your home group. *You do have a home group right?*

So I thought I would take a moment and tell why I'm grateful for the work H&I does. Way back in '92 when I was a guest of the county for the first time I was transferred over to Lacy the day after my sentencing. Now having spent a few weeks in jail at this point I was starting to see that a lot of these people, many of whom I knew (friends, classmates, brothers and fathers of friends and classmates), were in here for more than the first time and most often it was because of drugs. Remember *alcohol is a drug*. Now my best thinking was I do six months to a year; a decent break from partying, get out, avoid dealing and get on with my life. You know the one that was always almost successful. So there I am when they announce church..... yeah right I'm not that desperate to get out of my dorm yet. Then they announce AA and I think not for me, as long as I don't drink enough to be drunk every night I'm not an alcoholic. After a couple of weeks they announce NA and I ask one of the guys near me "What's that?" He says a 12 step thing like AA but for addicts or people that want to stop using. I'm not an addict I think but I would like to find a way not to have to do gram a day just to be functional. So I go to this NA thing where three guys are behind a table and they start telling us how it was for them and what it's like now. I'm thinking yeah well, ya know.... I'm different. Then a guy shares of how he got clean, put his life back together. Now he finds out that the reason he's been getting sick so much lately is that his wife had started using again, screwed around on the side, contracted HIV and passed it on to him. Even with a death sentence like that (as I saw it in 92) he says he has no reason to use and is suiting up and showing up for life. This totally blew me away and was the first time I ever thought well maybe my life could be decent if I learned not to get high. I remember going back to our dorm and later that evening talking on the phone to a family member about this thing called NA for people like me so we don't have to use anymore, something kind of like AA. That person laughed and said "Let me have you talk to my girlfriend." Turns out she had ten years sober and had pegged me for being loaded the first time she met me. Small world ain't it. I remember the feelings of excitement and hope I had that I didn't have to keep using when I got out. That I could build a life with my woman and not have to keep lying about the drug related problems. This was a gift beyond price and for half a year no matter what facility I was sent to I went to every 12 step panel that was brought in. Here I met my first sponsor and several men who are still clean and I now call friends. One of them was at my first NA meeting on the outside, Monday Q&A June 1st 1992. When I walked into that meeting I was so nervous and fearful and unused to being around people when not loaded that I almost said fuck-it and split. I took a brief look around and saw one of the panel leaders, paused a second and before I could decide to leave he looked up, recognized me and motioned for me to come sit next to him. This is how I came to NA and though I have occasionally forgotten the feeling of gratitude and hope and gone back to my old ways I always came back. It took many years but now I remember these feelings everyday and reflect on how I got here and what it used to be like. This keeps me here and is a big part of why I suite up and show up every day. I love what H&I did for me and what I have today. Thank you NA.

Charlie B

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)
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

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

All words are taken from the Fifth Concept pages 11-12.

Fifth Concept

ACCOUNT-ABILITY	FIFTH FULFILLED
AFFECT GROUP	IMPACT INFORMATION
APPLYING MAKING	NEEDS OFFERING
ASKING POINT	PRINCIPLE PROJECT
ASSIGNED	QUESTION REMAIN
AVAILABLE	REQUIRE REPORTS
AUTHORITY	RESPONSIBILITY
BEHALF BOARD	RIGHT SERVANT
CALLS	SERVICE SIMPLE
CLEARLY	SHOULD SINGLE
CONCEPT	START SWIFTLY
CONFUSION	TASK TRUSTED
CONSIDER	WHOM WORLD
CONTRACT	WORTH
CORRECT	
CREATE	
DECISION	
DEFINED	
DEGREE	
DELEGATE	
DIRECTLY	
DONE	
EACH	
EASIEST	
EFFORTS	
EXERCISE	

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

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:
 Tony 714-418-2848
 Veronica 714-319-2471
www.orangecountyna.org

click for map



May Birthdays

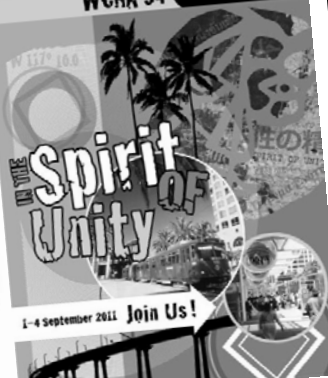
5-1 Red 2
 Colleen 11
 Mimi S 14
 Patty B 15
 Jack M 19
 5-3 David H 13
 5-4 Dave R 8
 Holly 13
 5-6 Jaime D 6
 Leigh 6
 Matt Mc 11

5-7 Kim L 3
 Dennis P 4
 5-8 Cyndie D10
 Ken F21
 5-10 Zack M 1
 5-13 Doug S 15
 5-17 Ken G 17
 5-19 Kathryn Mc 11
 5-23 Mark W 18
 5-24 Mike D 18
 5-25 Suki 2

BELATED
Patty T one year
April 19




WCNA 34 San Diego, California



Spirit of Unity

1-4 September 2011 Join Us!



I ♥ NA

Total Years for May: 238

Helpline: (949) 661-6183