



Hospitals & Institutions (H&I) – OPEN PANELS

Women’s Musick Jail Panel - 2nd Wed. from 6:30 – 7:30 p.m. Must complete jail clearance card (see any H&I member to get a card); 2 years’ clean time requirement; 1 year off parole & probation reporting; and have a clear NA message of recovery

Joplin Honor Ranch – 3rd Wed. from 6:30 – 7:30 p.m. Must be VIP-cleared or in the process of; and have a clear NA message of recovery.

Pacific Coast Recovery – 3rd, 4th & 5th Saturday from 7:00 – 8:00 p.m. 1 year clean time requirement; and have a clear NA message of recovery.

Dr. willa’s Detox – 1st Sat. from 6:30 – 7:30 p.m. 1 year clean time requirement; and have a clear NA message of recovery.

H&I meets the last Sunday of the month at The Effect Church, 27122 B Paseo Espada, Suite 1001, San Juan Capistrano at 4:30 p.m. Get Involved and give back what was so freely given to you.

Reflections (Inside)

Wandering down that dark and lonely road that I have called my life
Searching for the answers blindly
On the path to the darkside
Running the roads of my hearts desire well I was all alone
The situations that still haunt me
Man I’ve got to let them go

These feeling I hide
These feelings I find
Reflections inside

20 years of doing things my way travelling down that lost highway
Self-centeredness and selfishly thinking
Out of touch with reality
The time is now to start rearranging
Man I’ve got to take it slow

The only way to keep what was given is an emotional and spiritual change

These feelings I hide
These feelings I find
Reflections inside

(Bridge)

Well I can hear the voice of my inner light
These feelings inside
I know I’ll be alright
It’s time to celebrate this new high

These feelings I hide
These feelings I find
Reflections inside

Words and music by D.C.F



I went to the ER the other day for what I thought was a kidney stone, turned out to be a muscle spasm. The doctor was checking me out and asked if I needed anything for my pain!!! My mind said I’ll take 90x, 30y and 45z to start.... Then out of my mouth comes, “I should not take any narcotics unless it absolutely necessary, because I have a problem with pain meds.” I could not believe I said it, after years of drug seeking behavior I turned down meds, I am so proud of myself and thanks to NA and my dedication to stay clean I surpassed another mile stone. I made is though the pain with Motrin and it is great to be clean another day. Thanks for all your support!

–Keith M.

Step on it:

One member's interpretation

- Step 1: I had an old clunker parked in the driveway. I tried to fix it, but just made a bigger mess of things.
Step 2: I couldn’t fix it, but I believed someone else could.
Step 3: I turned the car over to a mechanic.
Step 4: I took an inventory of all that worked and didn’t work on the old clunker.
Step 5: I shared the inventory with the mechanic.
Step 6: I prepared the car to have all the old parts removed.
Step 7: I left the rest to the mechanic.
Step 8: I made a list of all the damage done by defective parts and lack of service.
Step 9: I admitted that I hadn’t checked the oil and fluids properly or fixed the other things that were going wrong. I committed to correct the damage and make things right.
Step 10: I maintained the car regularly, and when I didn’t, the engine didn’t hummmmm, so I would quickly make corrections.
Step 11: I called on the mechanic to help me understand and maintain my car.
Step 12: That mechanic and I became such close friends that we took a trip together across the country, and stopped to help other motorists along the way.

Anonymous, Mumbai, India

Reprinted from April 2011 N.A.Way

The thing that is most amazing to me about Step 7 is the humility required to practice the step in my daily life. I have been fully aware of the majority of my character defects for most of my adult life. Working through 4, 5 and 6 has cemented my view and changed my perspective a bit on what they are – however, in Step 7, I can finally ask – humbly – for them to be removed by a power greater than myself. In the past, I would have DEMANDED these defects be gone – or denied the defects existed – but now I can see who I am and what these defect are. They are a part of my core makeup, and not so easily “gone”. Being humble, I can see that these defects don’t necessarily have to go away completely for me to remain sane – and in many cases they won’t ever go away fully, which I can now accept. Working Step 7 in my life allows me to be imperfect, yet change the way I act on these defects of character. Maybe in my anger, I can now say something nice about someone. Maybe in my selfishness, I can reach out and help a newcomer. I learn through being humble that there are many different paths through life I am now able to take – while knowing these defects don’t have to debilitate me in my relationships and life any longer. Today – I am grateful for Step 7 in my life. May I continue to gain humility in all aspects of my life.

-Anonymous

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)

- 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

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

All words are taken from the Seventh Concept pages 15-16.

Seventh Concept

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|--------------|----------------|
| ALLOWED | PARTICIPANT |
| APPLY | PARTICIPATE |
| BALANCED | PERSPECTIVES |
| BEAR | PROCESS |
| BOARDS | RATHER |
| BODY | REPRESENT |
| BRINGING | RESPONSIBILITY |
| COMMITTEES | SENSITIVE |
| CONCEPT | SERVICE |
| CONSCIENCE | SEVENTH |
| CONTRIBUTION | SUBSTANTIAL |
| DECISIONS | TEAM |
| DEVELOP | TOGETHER |
| DIFFERENT | VALUE |
| EFFORT | WHOLE |
| ELEMENT | WORK |
| ENCOURAGE | |
| ENVIRONMENT | |
| ESSENTIAL | |
| EXPERIENCE | |
| EXPRESS | |
| FREELY | |
| FULLY | |
| GROUP | |
| INDIVIDUAL | |
| MAKING | |
| MEMBERS | |
| MOST | |
| OPPORTUNITY | |

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



FOR INFO ON THE CHILI COOK OFF GO TO THE AREA WEBSITE

July Birthdays

- | | | |
|--|------------------|--|
| 7-1 Reese 2
Stephanie 2
Charlie B 6 | 7-14 DuWayne 16 | BELATED
June 7 Matt 2yrs
June 12 Jana K 1yr
June 16 Cladio M 19
June 23 Matt F 2yrs |
| 7-2 Mark 2 | 7-20 Casey W 1 | |
| 7-10 Christina B 3 | 7-23 Howard G 21 | |
| 7-11 Jason S 1
Matt McI
Lindsey M 5 | 7-29 Rose P 17 | |
| 7-13 Chris W 2
Bonnie G 25
Harvey G 25 | 7-31 Sandy P 3 | |



Total Years for July :132

Helpline: (949) 661-6183