



A Tree's Story by Jo W.

Once I was but a small, frail seedling. I had always thirsted, but I never knew what for. So I blew along with every passing breeze, trying to find what I was thirsting for. I searched and searched to no avail. I was quite near death when one day I awoke to find myself in Safe Forest.

Mercifully, I had landed near a Wise, Old Tree who had stood tall in Safe Forest for many seasons. "Help me", I said to the Wise Old Tree, "for I fear I'll be blown away. Please show me how to stay."

"It's simple to stay," said the Wise Old Tree. "But that doesn't mean it's easy. Still, it can be done. Look around you at the many tall trees who are rooted here in Safe Forest." So I looked around and saw many trees of beautiful foliage. "I want to be just like them," I declared. "I'm going to be ten feet tall -- tomorrow!" But the Wise Old Tree chuckled gently and said "Patience, my child. Tall trees with no roots topple over with the slightest of winds. If you really want to stay, you must grow roots, and this can only be done one day at a time."

"Okay," I sighed, and settled down to the tedious task of establishing roots. It seemed I spent every day with the same trees around me saying the same things. Just when things were getting really boring, I heard an ominous sound. "It's the Winds of Change!" said the Wise Old Tree excitedly.

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Well, I'd been around Safe Forest for awhile now. I knew what to do when the Winds of Change came. I straightened my trunk up tall and stiff, and stood rigid against the Winds. But soon I was tired and my trunk hurt. "I'm tired and my trunk hurts!" I whined. "Of course, my child," said the Wise Old Tree. "You must bend with the Winds of Change. After all, it's not the Winds that hurt you; it's your resistance to the Winds that's causing your pain."



So I lived and learned in Safe Forest. I bent with the wind, and established roots, and got to know the other trees around me. But then the Gardener came to prune me, and I became afraid. "I'm afraid. It's going to hurt!" I cried to the Wise Old Tree. But she simply reassured me. "Yes, it's going to hurt a little. But you must let go of the old before new growth is possible." So, I resigned myself to my Gardener's care, and in no time at all I noticed that I had grown some beautiful green foliage. But about the same time I also noticed that I had a gnarl and a knot and there were bugs in my branches! "There are bugs in my branches, and they're really bugging me!"

I yelled. "Then you must ask your Gardener to remove them" said the Wise Old Tree. "For this is one thing you simply can't do for yourself." So I humbly asked my Gardener to remove my bugs, and once they were gone, my gnarl and my knot didn't seem quite so bad. "After all," I thought, "the Gardener didn't see fit to remove them along with the bugs, so I must be okay -- gnarl, knot and all."

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Presently, I looked around and noticed that many small seedlings had come to Safe Forest after me. I started making a special effort to welcome them, because I remembered how it felt to be a seedling. Some that I reached out to stayed and put down roots in Safe Forest. Some blew away and I missed them terribly. Then there were the ones who just couldn't grow roots, and they toppled and died. I grieved. There were times when the storms of grief shook me so violently that I wanted to run away from Safe Forest, but during these storms the Wise Old Tree would lean close to me and say "I understand, but sometimes we just have to stand still and hurt."

She's always stood with me, that Wise Old Tree, and I've come to know that I'm Never Alone in Safe Forest. There are always trees to talk to, not to mention the Gardener himself. The warmth of all the trees standing together has taken the sting out of many a chill wind, and the world's not such a scary place now that I'm firmly rooted here. It's funny how the young seedlings have started to look on me as a "Wise Old Tree". In fact, just today, one turned to me to say "I fear I'll be blown away. Please show me how to stay."

"It's simple to stay," said I. "But that doesn't mean it's easy....."



WANTED: JAIL CLEARED ADDICTS

Your H&I sub-committee needs jail cleared men and women to SPEAK on jail panels at the James A. Musick facility. We do not want you to commit to being a panel leader, only to be available once in a while to CARRY THE MESSAGE. You must fill out a blue clearance card; see Bev T. or any H&I member. The requirements are two years clean, 1 year off parole & probation reporting, & have a clear NA message of recovery. It is the most awesome & rewarding way to give back what was so freely given to you.

IF YOU HAVE BEEN CLEARED

PLEASE follow up and get your picture ID taken. You need to go to the men's central jail, by appointment only, to get your badge. Call Bev T. for details.

VIP CLEARANCE FOR JOPLIN HONOR RANCH

Get Involved.....Give Back.....Stay Clean.....Be of Service.....YOU can make a difference!

- Must be 18 years old
Must not have been on informal or formal probation or parole for at least one year prior to application
Must Pass a background check
Must not have used illegal drugs for at least 1 year
Must test negative for Tuberculosis
Must attend an orientation seminar

Orientation Dates for 2010:

- Monday, August 2nd
Monday, September 13th
Monday, October 18th
Tuesday, November 16th
Monday, December 6th

1001 S. Grand Avenue
Santa Ana, CA 92705
7:00 to 9:00 p.m.
714.667.7730

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. We meet the last

Sunday of every month at 5:00 p.m. at the Shepherd of the Hills Church, off the 5 freeway at La Paz exit and Muirlands.

The address is: 26001 Muirlands Blvd., Mission Viejo.

JAIL PANEL SPEAKERS NEEDED - 2 Years Clean, 1 Year off Parole/ Probation reporting, Clear NA message of recovery, Pass background check . . . . . please see any H&I member for a blue clearance card

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



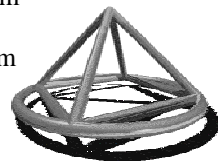
We meet the last Sunday of the month to talk about what's going on in the South Coast Area.

**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:		
Phone Lines:	George O.	phonelines@southcoastareana.com
Webmaster:	Matt Mc.	webmaster@southcoastareana.com
Clean Sheets:	Charlie B.	cleansheets@southcoastareana.com



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

H & I: Jen B. hni@southcoastareana.com  
 Last Sunday of the Month • 5pm • Shepherd of the Hills Church  
 26001 Muirlands • Mission Viejo, CA • Meets before ASC

Public Info: Taro publicinfo@southcoastareana.com  
 3<sup>rd</sup> Wednesday of the Month • 6pm • Palisades United Methodist Church  
 27002 Camino De Estrella • Capistrano Beach, CA



## 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

## South Coast Area Activities Presents: Annual Beach Bash

Sunday, August 22, 2010

Doheny State Beach, Life Guard Tower #7  
 -7am & 4pm: Meetings  
 -12pm: Lunch, \$5 Donation  
 -2pm: Tug of War  
 -3pm: Watermelon Eating Contest

NA means you're Never Alone, Never Again!

From the 5 (North or South)  
 Exit Beach Cities  
 Take Doheny Park Road Exit, Turn left  
 Doheny Park Road turns into PCI  
 Park near & use pedestrian walk (over train tracks)  
 Go to Life Guard Tower #7

For Information Contact: George (949) 201-9484 Or Robin (949) 243-2800

## Recovery Word Search

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

All words are taken from Tradition Eight in the Basic Text, pages 72-73

## Tradition Eight

ANOTHER	NONPROFES-
AREA	SIONAL
BASIS	OFFICE
CENTERS	OPERATE
CLARITY	ORDER
CLERICAL	PHONE
COMMITTEES	PLACE
COUNSELORS	PRINTING
DEFINE	PROGRAM
DESTROY	PSYCHIA-
DIFFERENCE	TRIST
DOCTORS	REMAIN
EMPLOY	RECOGNIZE
ENSURE	REGIONAL
EQUAL	ROOM
EXAMPLES	SELFEX-
FACILITY	PLANATORY
FREELY	SERVICE
FOREVER	SIMILAR
GAIN	SKILLS
GROUPS	SPECIAL
GROWS	STABILITY
HELPING	STAFF
LAWYERS	STATUS
LOCAL	TERMS
MEAN	UNDERSTAND
MEMBERS	UNITY
	WHOLE
	WORKERS

ORANGE COUNTY AREA ACTIVITIES OF NARCOTICS ANONYMOUS PRESENTS

## Beach Party 2010!!!

Come Party with us. Bring your family, friends & have some FUN!!  
 August 7, 2010. Opening Meeting starts at 10:00am  
 Closed to all with a 30-MINUTE Meeting of Our Group

Food Plate Donation:  
 Adult: \$6.00  
 Child: \$3.00

Huntington Beach City Beach  
 By Lifeguard Station #7

Contact Information Call:  
 Alyssa P. 714-514-4521  
 Diane W. 714-637-7074

pre-registration  
 southern california regional convention  
 of narcotics anonymous 2010

## THE desire

scrna thirty-one  
 Anaheim California  
 Nov 26, 28, 2010

Keep checking website for complete registration package  
 brochure/online registration coming in July 2010  
 www.todayna.org

GREATER LOS ANGELES AREA PRESENTS  
 17TH ANNUAL  
 HEART 2 HEART MEN'S BREAKFAST

DYNAMITE SPEAKER OPEN MIC COMEDY

UNITY IS THE KEY  
 LIVE JAZZ GREAT FOOD  
 SUNDAY AUGUST 8TH, 2010  
 9:00am - 1:00pm  
 \$35 DONATION

ENTER L. (323) 493-4576 GREG T. (323) 426-9254

RADISSON HOTEL LAX AIRPORT  
 6255 W. CENTURY BLVD  
 LOS ANGELES, CA 90045

click for map

## August Birthdays

8/4 Michelle E 9  
 8/7 Meghan C 4  
 8/10 Jacque N 9  
 8/12 Bob R 18  
 8/13 Michael M 23  
 8/14 Derrick M 3  
 Scott B 3  
 Krishna J 12  
 8/16 Steve C 4

8/18 Nick A 19  
 8/19 Julia P 2  
 8/20 Heather G 4  
 8/22 Brian H 11  
 Jay G 13  
 8/24 Jody S 12  
 8/28 Sandy H 6  
 8/29 Erin M 3  
 Corey F 6  
 8/30 Mai 7

## Belated Birthdays

7/1 Reese 1yr  
 Stephanie 1yr  
 7/31 Sandy P 1yr



Total Years for August: 168

Helpline: (949) 661-6183