



South Coast Area of Narcotics Anonymous

Clean Sheets



October 2010

Vocabulary Lesson "Just for 'Tude-Day"

Solitude - The place I isolated to when I used

Attitude - The thing of mine I actually can control

Fortitude - The group that enables me to live clean

Magnitude - The sheer force of the power of 'many' over the power of 'one'

Gratitude - My restoration to sanity

Latitude - The freedom to choose a hopeful future

Servitude - The value of one addict helping another

Infinitude - The limitless possibilities of tomorrow if I opt to stay clean

"Just for 'Tude-Day"

by Amy



NEWCOMERS WELCOME!!!

Take pride in yourself knowing that being in an NA meeting is the greatest **LIFESAVING** step that you will ever take.

Congratulate yourself DAILY!!!

Do something nice for YOU!!!

Stay **CLEAN** and open to all the possibilities life can bring your way.

Wondering how to pick the right sponsor for you???

Listen to your gut feeling and your heart and they will lead you in the right direction.

Char A. (reprinted from CLEANSHEETS July 2005)

*I love you more than words can say
 goodbye sweet drugs now go away
 I do not need you anymore
 I'll throw you out my open door*

*You tricked me into using you
 nothing that they said was true
 your poison pulsed into my veins
 my thoughts with you made me insane*

*I will not search for you again
 through NA I've made new friends
 they've taught me one day at a time
 without you my life is fine*

*I'll get better everyday
 thoughts of you will fade away
 I don't have to do it alone they say
 I can do this just for today*

Summer Day

Simplicity is the key to our spiritual...

**I am allergic to
 narcotics
 I breakout
 in felonies
 and
 misdemeanors**

**South Coast Area
 Activities Committee presents:
 Comedy Show!**

When: October 16, 2010
 Doors OPEN at 7:00 PM
 Show starts at 8:00 PM

Where: San Clemente
 Presbyterian Church
 119 Avenida De La Estrella
 San Clemente, Ca 92672

Tickets: \$10.00 Donation advance
 \$15.00 Donation at the door

From I-5 South: Exit Palizada right. Left onto Avenida De La Estrella left into San Clemente Presbyterian Church

From I-5 North: Exit Presidio left. Right onto Avenida De La Estrella right into San Clemente Presbyterian Church

For More Information: Contact George C. (949) 201-8484 or Robin L. (949) 243-2600
 Help Line: (949) 661-6183
 Check out our area website at <http://www.southcoastareana.com>

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 / formal probation or parole for 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

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

Orientation Dates for 2010:

- Monday, October 18th
- Tuesday, November 16th
- Monday, December 6th

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 5pm at the Shepherd of the Hills Church (26001 Muirlands Blvd, Mission Viejo) off the 5 freeway at La Paz exit.

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

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 **SPEAK**. You must fill out a blue clearance card (see Bev T. or any H&I member for one). The requirements are two years' clean, 1 year off parole and 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 please **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 for details.



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



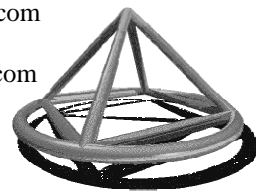
We meet the last Sunday of the month to talk about what's going on in the South Coast Area.

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
 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 • 5pm • The Effect Church
 27122 B Paseo Espanda, Ste 1001 SJC, CA
 Enter suite door in alley

Public Info: Taro publicinfo@southcoastareana.com
 3rd 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

CHECK OUT THE NEW INFORMATION PAMPHLETS COMING SOON TO A MEETING NEAR YOU!

SPREAD THE WORD

New Meeting
 Friday Night

LADIES NIGHT

6pm - 7:30pm

Her Place

23181 Verdugo Dr. Suite 104A
 Laguna Hills

(same location as Just For Today)

Recovery Word Search

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

All words are taken from Tradition Ten in the Basic Text, page 74

Tradition Ten

ACHIEVE	NEVER
ADDICTION	NOWHERE
AGREE	OBSCURE
ALLOWED	OBVIOUS
ANONYMOUS	OPINION
ANSWERS	ORDER
BECOME	OUGHT
CHANGE	OUTSIDE
CHOOSE	PARTICIPATE
CONTROVERSY	PEOPLE
DRAWN	POLITICS
EPIDEMIC	PRIMARY
EVERYWHERE	PUBLIC
EXISTENCE	PURPOSE
FOUNDED	REALIZED
HEARD	RECOMMENDATIONS
HELP	RECOVERING
HENCE	REFER
HISTORY	REMAINED
IMPORTANT	SEEK
INVITE	SIDES
ISSUES	SMALL
JEOPARDIZE	SOCIETY
KNOWN	SPEAKS
MORE	SPECIFICALLY
NAME	SPRANG
NARCOTICS	SURVIVAL
	TENTH
	THOUGHT
	UNAWARE
	WONDER



Oct. Birthdays

- 10-6 Mike H 3
- 10-16 Brad M 8
Curtis P 9
- 10-19 Collette 5
- 10-20 James C 6
- 10-24 Mitch C 20

- 10-25 Jewels 7
- 10-26 Shawn 3
- 10-27 Jim D 19
- 10-29 Rachel A 4
- 10-31 Jessica W 3
Kevin I 18

Related Birthdays

- 8-29 Joseph C 2
- 9-1 Mia 2
- 9-23 Derrick O 1

Total Years for October: 105