



DRUG STAR

I mean what I am saying
From the bottom of my heart
I want to tell you everything
But I don't know where to start

It came on me like a rogue wave
That just appears out in the sea
It hit me like a ton of bricks
Then told me I was free



But I was deceived!
I was young and naive
My brain just gave up all control
So I started to believe...

The drugs within my blood stream
Poisons pumping through my veins
My innocence forever lost
I would never be the same!



Always standing on the corner
Or just waiting in a car
The glamour of the addicts' life
The hollow pain drug star



Addiction kept me loaded
'til my dreams all slipped away
Somehow I survived to tell
It's a miracle they say
David H./SCANA

Fighting That Old Familiar Feeling

I would like to share a small part of my story to keep my mind fresh on how fortunate I am to be alive! Drugs can take us to some horrible places and this is one place it took me. I would also like to say after the first time I got clean that I stayed clean but this was not the case with me. These old sayings "It takes what it takes" "You just cannot help someone if they are not ready" or "We had to go out and test the waters again." This was me; time and time again. Unfortunately I did this over and over and over again, expecting different results!

Always dragging myself back in feeling and looking like I just crawled out from under a rock, bankrupt in every corner of my life. I can remember what I had thought, was the bitter end, finding myself literally in a bag coming to with 3rd degree burns on my hands and wrists, gangrene in one arm, sclerosis of the liver, my skin was ash color.

At first I can remember thinking I had fell backwards, and seeing so much Beautiful Bright light with a feeling of overwhelming love and warmth and wanting to stay there! But I fell forward into the scalding hot water I left running in the sink.

Amazing who I thought were my true friends back then, they broke down the bathroom door to find me collapsed and not breathing. One threw me over his shoulders and carried me two doors down to my own house. By God I was not going to die in their house! My boyfriend... unbeknown to him... on what to do... called the paramedics.

For years I can also remember thinking 2 paramedics were praying over me. On each side of me seeing two very, very tall figures; completely white. Later I realized they must have been angels. At this point I can remember coming to and finding myself completely zipped up in this bag. A policeman looked over at me and I found out later what I said to him " YOU ARE NOT TAKING ME TO JAIL. I AM NOT DONE YET!" This man must have jumped to the ceiling because what I do remember is him looking as white as a ghost and saying with anger "I DON'T KNOW YET!". Of course you know I did end up going to jail. Now here with that old familiar feeling, not being done but Deep in my heart wanting to be so done, but didn't have a clue on how. So in jail with internal possession, plus a few other charges, thinking to myself well this is one way to stay clean. God saw fit to have me released in the care of a dear stepfather and program director who were both saving a seat for me for years. I stayed clean for three months and unfortunately had to go out again.

Just looking back and remembering that Old Familiar Feeling of not being done yet but deep down wanting it so badly. Today I am coming up to my 9 months and I would like to share with the newcomer. If you made it to your first NA meeting we welcome you, you are a miracle and you don't have to take it to such extremes. We never know who gets to stay and who doesn't, but together, by staying Clean and helping each other, by sharing our experience, strength & hope; we can possibly save a sister or brother addict from the Horrors of Addiction. One day at a time. This is also to say Thank you to all my real friends who never gave up on me.

Sincerely, M P

OPEN PANELS at Hospitals & Institutions (H&I):

Hospitals & Institutions carries the message of recovery to those addicts who cannot otherwise get out to an NA meeting. It is a great way to be of service and give back what was so freely given to you. We have the following OPEN PANELS:

Women's Musick Jail Panel -

3rd Wednesday of each month from 6:30 - 7:30 p.m.
13502 Musick Road, Irvine, CA 92618

Requirements: Must complete a blue card for jail clearance; 2 years' clean and 1 year off probation and/or parole reporting; have a clear message of recovery

Joplin Youth Center -

2nd Wednesday of each month from 6:30 - 7:30 p.m.
19480 Rose Canyon Road, Trabuco Canyon, CA 92678

Requirements: Must apply (or be in the process of applying) for a VIP clearance; be 18 years old; free from informal/formal probation or parole for at least one year prior to applying; must attend an orientation, pass a background check, must test negative for tuberculosis.

GET INVOLVED . . . STAY CLEAN . . . BE OF SERVICE . . . YOU can make a difference!

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

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

Orientation Dates for 2010:

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 5:00 p.m. at the Shepherd of the Hills Church, off the 5 freeway at La Paz exit & Muirlands. The address is: 26001 Muirlands Blvd., Mission Viejo, CA

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.

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

SPREAD THE WORD

New Meeting Friday Night

LADIES NIGHT

6pm - 7:30pm

Her Place

23181 Verdugo Dr. Suite 104A

Laguna Hills

(same location as Mid Day Solutions)

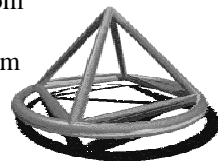
COME SUPPORT

MON-Five&Dime 7pm

THURS-Women's Literature Study 7pm

SAT-Saturday Night Live 6pm

| | | |
|------------------|------------|----------------------------------|
| 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 • 4:30pm • 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



CHECK OUT THE AREA WEBSITE FOR DETAILS OF THE 12 DAYS OF NA.

DON'T BE ALONE FOR THE HOIDAYS

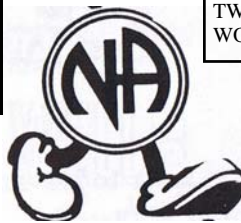
Recovery Word Search

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All words are taken from Tradition Twelve in the Basic Text, page 75-76

Tradition Twelve

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| ACTION | IMPORTANT |
| ADHERE | INDIVIDUAL |
| ALLOWS | KEEPING |
| ANONYMITY | KNOWN |
| ATMOSPHERE | LESSER |
| ATTEMPT | NAME |
| AWAKENING | OCCURS |
| BASIC | OURSELVES |
| BEARING | PERSONALITIES |
| BECOMES | PERVADES |
| BEFORE | POSITION |
| CHARACTER | POWERLESS |
| CLICHÉ | PRINCIPLES |
| CLOSER | PROPERTY |
| COMMON | PROTECTS |
| DEFECTS | RECOVERY |
| DEVELOP | REMINING |
| DIFFERENCES | REMOVES |
| EQUAL | RENDERS |
| FEAR | RIGOROUSLY |
| FREEDOM | SEX |
| FRIENDS | SOCIAL |
| FOUNDATION | SPEAK |
| GREATER | SPIRITUAL |
| GROUP | STATE |
| GROWING | THROUGHOUT |
| HUMILITY | TOGETHER |
| | TRADITION |
| | TWELVE |
| | WORKING |



December Birthdays

| | | | |
|-------|-----------|-------|--------------|
| 12-5 | Cam-21 | 12-24 | Dana B-14 |
| 12-8 | Jim C-1 | 12-25 | Heather P-3 |
| | Stew L-5 | | Claudio H-6 |
| 12-14 | Wes W-10 | 12-26 | John C-2 |
| 12-15 | Steve C-4 | 12-27 | Charley P-25 |
| 12-17 | Brian G-6 | 12-28 | Shana S-6 |
| 12-20 | Keith M-4 | | Paul W-12 |

Belated Birthdays

Oct 28 Jacob B-3
 Nov 27 Aaron-1



Total Years for December: 119

Helpline: (949) 661-6183