



# CLEAN SHEETS

SOUTH COAST AREA NARCOTICS ANONYMOUS NEWSLETTER

## 12 Traditions of Narcotics Anonymous Part 1 (Traditions 1-6)

The 12 Traditions provide the guidelines that protect and unite the Fellowship. They were originally published by Alcoholics Anonymous in 1946, following years of sometimes bitter conflicts that threatened the survival of the Fellowship. The disputes among early members revolved around who could be a member, group autonomy, and singleness of purpose, endorsement of other enterprises, professionalism, public controversy, and anonymity. A.A. cofounder Bill W. realized that in order for A.A. to survive it had to set down bylaws to resolve conflicts. The 12 Traditions helped address disputes in the Fellowship, enabling it to survive and grow.

Below are descriptions of the 12 Traditions of Narcotics Anonymous as way of example to help you understand the purpose and the objective of each Tradition in relation to the Fellowship as a whole.

**1** Our common welfare should come first; personal recovery depends upon NA unity. First and foremost the Fellowship must ensure its own survival, and Tradition One spells out this primary goal. If the Fellowship fails, then it won't be there to help anyone recover. So Tradition One makes clear that our recovery depends on keeping the Fellowship safe. The truth is that seldom has any one of us been able to recover without the support of the Fellowship. "The group must survive or the individual will not." This doesn't mean that individuals don't count. If anything, 12 Step Fellowships value and respect its members to

the utmost. As members, we have a right and a voice in every decision. We are all valued as individuals and free to proceed in our recovery without rules or conditions. No one in the Fellowship has the authority to punish or expel us. The principle of Tradition One is also aimed at keeping oversized personalities in check. Pride, ego, and self-entitlement can be destructive in any organization, and could prove fatal in a Fellowship. This Tradition aims to head off grabs for wealth, power, and prestige among members. The result is that individual members learn to put personal differences aside for the sake of keeping the priority on the unity of the Fellowship as a whole.

**2** For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do

not govern. The aim of Tradition Two is to set up the foundation of the Fellowship, the basic way in which it works. In the Fellowship if there is a decision to be made concerning the group, it is thoroughly discussed before being voted on. Everyone gets a chance to speak and then a vote is taken and what that vote decides is called the "group conscience". This principle of a group conscious is believed to be what our loving God wishes to express, which is whatever is in the best interest of the group. Conflicts are dealt with through this process, for once all voices have been heard and a group conscience taken, the matter is closed. Through this voting system, every member gets the chance to express themselves, and no one member has more authority over another. The principle behind an "ultimate authority" promotes equality among members and creates a democratic and open-to-all structure. There is no member

South Coast Area Activities Presents:

## SPIRITUAL STROLLS

*We meet once a month to explore a different walking/hiking trail throughout the South Coast Area. For more information, please call Michelle T. @ 949-293-2547*

**January 8th at 10am**  
San Juan Loop Trailhead  
Across from Ortega Oaks  
Candy Store  
(34950 Ortega Hwy)

**February 12 at 10am**  
Northwest Open Space  
30291 Camino Capistrano  
San Juan Capistrano

## JANUARY 2017 CLEAN TIME ANNIVERSARIES



1-1	Travis-----7	Jo W -----25	1-12	Joaquin ----10	1-21	Mark L ----23
	Thurman --13	1-4 Casey H -----6	1-12	Eddie -----19	1-23	Dawn B ----24
	Curtis M ---14	1-6 Ken D -----27	1-13	Cheryll G ----2	1-25	Ray D -----8
	Pepe M ----15	1-8 Jennifer -----2	1-14	Briahna -----7		Richard F --38
	Mike A-----7	1-9 Steve K ----23	1-15	Patrick J ---10	1-26	Billy B -----10
1-3	Tim H -----12	1-10 Bryan W ---21	1-16	Siamak A --34	1-27	Michael R -23
	Robin W-----5	1-10 Rhonda F --20	1-19	Rebecca E.---5		
	Mehran G -15	1-11 Adam -----8	1-20	Larry D -----8		

**MEETING DIRECTORY**  
[www.SouthCoastAreaNA.com](http://www.SouthCoastAreaNA.com)



**NA HELPLINE 800-333-3610**

better or worse than another in the Fellowship. No matter what our background, education, or professional expertise; regardless of how long clean we are, our religion, culture, or political affiliation, once we enter the Fellowship we are regarded simply as an addict in recovery. In this way, the Fellowship reaches out to all who would seek its support and provides us with a sense of belonging. This Tradition has sometimes been mistakenly taken to mean, “we have no leaders.” In fact, though, to function the group requires that members – on a voluntarily and rotating basis – step into roles of leadership. The main point is that these members have no authority over the rest of the group. Whether they are the group’s representative to the area or district, or the secretary or treasurer, they have been entrusted with the responsibility to serve the group, but not make decisions for it. Groups clearly have other “leaders” also. There are those who, by sharing their wisdom and strength in the meetings, are quietly recognized by the group as “spiritual leaders.” There are those members who are so well founded in the principles and traditions of the program that the group turns to them when questions arise involving possible violations of those principles and traditions. These too are leaders, but they also do not govern.

3. The only requirement for membership is a desire to stop using. Tradition Three constitutes the one criterion for joining the Fellowship. It makes clear that each of us is ultimately responsible for ourselves. We each decide if we are a member of the Fellowship simply by our “desire” to stop our addiction. Through this we take responsibility for our disease and our recovery. When Tradition Three was first written it referred to “an honest” desire to stop drinking. This led to controversy, though, since it was clear to some that by stipulating that the desire had to be “honest”, other members could judge who can or cannot join the Fellowship. Realizing the danger of this in that it may have prevented those who are sick and want to recover from joining the Fellowship, the word honest was taken out to eradicate the possibility of anyone acting as a judge, juror, or executioner. The Third Tradition also protects our Fellowship from outside influences in that it belongs solely to addicts with a desire to stop their addiction. In this way the primary purpose of the Fellowship is maintained and avoids getting diluted or influenced by people or groups with non-addiction related issues.

4. Each group should be autonomous except in matters affecting other groups or NA as a whole. Tradition Four aims to keep the structure of the Fellowship loose and non-restrictive to enable members to run their local meeting as they see fit. Any two or three addicts can call themselves a Fellowship group so long as they gather together for the purposes of recovery with the 12 Steps and abide by the 12 Traditions. Each 12 Step group has complete freedom to manage its affairs exactly as it pleases so long as it does not threaten the Fellowship as a whole. For example, a group can decide the program content of its meetings and the topics that will be discussed. The group can decide if the meeting will be opened or closed and when and where the meeting will be held. Each group can decide to change its meeting format and it has complete authority to spend its funds as it sees fit. The group can also decide how it wishes to open and close its meetings. In this respect, all groups are autonomous in the running of their internal affairs. It is entirely up to the membership of that individual group. However, the second part of this Tradition, “except in matters affecting other groups or (Fellowship) as a whole”, sets a condition on the autonomous nature of individual groups. If a group were to set a policy whereby it admitted only Muslims as members, for instance, then it would be affecting the Fellowship, as a whole for it would not be acting on principles of non-discrimination. Or if it invited treatment professionals to speak at a meeting or promoted a specific medical treatment or medication or the latest therapy techniques, that group would be in violation of the Traditions and in danger of doing harm to the Fellowship as a whole for it would be moving away from its primary purpose of carrying the “message” – the solution for suffering addicts via the 12 Step. By the same token, each group is autonomous, but this does not mean an individual group has the authority to, for example, rewrite the Steps or Traditions, or to create its own literature. Nor should groups use the meeting for profit making purposes. Tradition Four also grants freedom to individual groups to exercise their right to be wrong. In other words, groups can have their own experiences, learn from them and move on. There is no right or wrong way to hold a meeting, and so long as they do not stray too far from the primary purpose and Traditions, they can do what they wish. It is this principle of flexibility that makes each

meeting different from another, allowing us to experience different flavors, atmospheres and individuals in different meetings. We therefore enjoy choices as to which meeting we wish to attend and have the option of different types of meetings.

5. Each group has but one primary purpose – to carry its message to the addict who still suffers. The very essence of all Fellowships lies in preserving this Tradition. We are all gathered together for one reason only: to carry the message of recovery through the 12 Steps to all those who are suffering. As addicts who have found the solution to recover through the 12 Step, we have a unique gift that gives us an incredible opportunity to share it with suffering addicts. This is primarily what all Fellowships are about. Suffering from the disease of addiction and finding a way to recover sets us apart from normal people. Our experience can be a powerful tool in helping others recover. We use the forum of our Fellowship purely for this one primary purpose. The aim of Tradition Five is to keep our groups focused on this one primary purpose and prevents meetings from becoming anything but places for recovery from addiction. We don’t use our meetings for social purposes, places to find a job, a lover, or places for us to exercise power, prestige, or control — all the things that can lead to the group’s downfall. When we are focused on carrying the message, we are united in our aim to recover regardless of our many opinions or conflicts. We are reminded we are here for our survival. When our primary purpose is carrying the message of recovery, then it becomes irrelevant who we are outside the meetings. We may be qualified members of society, doctors, solicitors or clergymen, but in the Fellowship, we are only addicts trying to carry the message of recovery. The practise of Tradition Five keeps us focused on our primary purpose and deters us from getting entangled in other issues. Meetings are not places to promote or argue our politics or preach our religion, etc. Nor are we there to convince a suffering addict of the possibility of recovery on any other basis but the 12 Steps. We recognize why we have joined the Fellowship, put aside our knowledge, education, or qualifications — or whatever criteria we may have in the world outside — and join each other in carrying the message as addicts in recovery who have beaten our disease.

**FOR A FULL LIST OF LOCAL NA EVENTS**  
**[www.TODAYNA.org](http://www.TODAYNA.org) click on Activities**

6. An NA group ought never endorse, finance, or lend the NA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose. Tradition Six sets the guidelines that help keep our Fellowship from getting diluted, affected or influenced by other agencies. In practicing this Tradition, we preserve our unity and singleness of purpose of carrying the message of recovery to suffering addicts. Tradition Six came about as a result of early A.A. members' dreams of expanding their message of recovery outside the Fellowship. They approached men of religion, politics, medicine, and law to spread the word of their new discovery, with the ultimate hope of transforming the world. These early members set off getting involved in other organizations, spending time promoting their views to hospitals, politicians, and so on. Soon they discovered that the Fellowship itself was at peril, with its member more interested in finding status and power and financial gain as opposed to adhering to the primary purpose. The result was they were in danger of losing the Fellowship itself. Through these bitter experiences they realized that in order for the Fellowship to survive it couldn't be in any way connected or related to any outside agencies. No matter how good a member's intentions may be, they should not use the Fellowship for any other purpose but to help suffering addicts. Yet Tradition Six applies to the Fellowship as a whole — not to individual addicts in recovery, who can do whatever they please, so long as they don't name or affiliate their work with their Fellowship. Some of us may be employed by treatment facilities and we can use our experience as addicts in recovery to benefit others. But it is important to distinguish between our work, our outside world, and our Fellowship.

## NEXT MONTH PART 2 TRADITIONS 7-12

South Coast Area Activities Committee Presents:

# Love is in the Air

Share love for the special addicts in your life by sending a personal candy gram!

(No 13<sup>th</sup> Step required!)

Candy grams will be sold before and after evening meetings from January 8<sup>th</sup>-February 4<sup>th</sup>

Find an Activities Subcommittee member to purchase your own package of sweets for your sweetheart!

Sponsors - Sponsees - Friends - Secret Admirers!

Write a personal message to be hand delivered by the NA Cupid during the week of Valentines!

ONLY  
\$5



For more information contact:  
Activities Chairperson Michelle T. (949) 293-2547  
Activities Vice Chair Penny M. (310) 428-9275

## WORD FIND: STEP 1 ...our lives had become...

Accept	God	Program
Addiction	Hearts	Progressive
Admitted	Help	Purpose
Anonymous	Honesty	Realize
Baffled	Hope	Recovery
Chains	Incurable	Released
Change	Isolation	Rescued
Choice	Learn	Responsible
Clean	Lives	Spiritual
Complete	Lost	Step
Compulsive	Love	Surrender
Confused	Magic	Symptom
Control	Mental	Unmanageable
Convince	Narcotics	Will
Denial	Obsession	Willingness
Disease	Offer	Willpower
Door	One	
Families	Pain	
Fear	Physical	
Foundation	Powerless	
Freedom	Principles	



Please remember if you want to celebrate your NA birthday in the Clean Sheets, contact Jason S. a month prior by calling, emailing or give your GSR the information. Your ideas, poems, stories, thoughts, plans, birthdays, fun, commentaries, recovery plans, memories, artwork, etc, are all welcomed to be published in the Clean Sheets! Of course they are subject to approval by the committee; Me. Keep It Real, Keep It Clean! In Loving Service, Jason S.

# BEEN OF SERVICE LATELY?

SCANA Needs Your Support to continue all the great work these subcommittees do.

## HOSPITALS & INSTUTUTIONS (H & I)

Would like to invite you to join them. H&I carries a clear message of recovery to addicts who are unable to attend outside meetings. This is accomplished through the operation of panels that visit specific facilities on a regular basis.

## ACTIVITIES

JOIN US! and help create fun and exciting events for addicts to enjoy. Activities is lways open to new people and new ideas for Narcotics Anonymous functions.

## PUBLIC INFORMATION (P I)

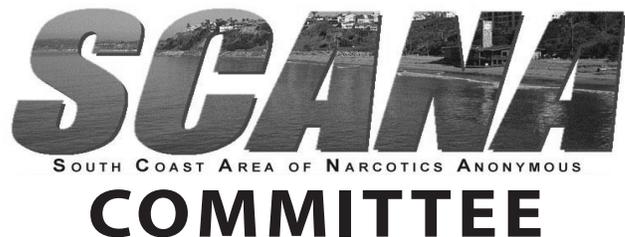
Our purpose is to inform the public that NA exists, and provide information about how and where to find it. Come by & see what it's all about. You will be rewarded in ways you never thought possible.

## LITERATURE SUBCOMMITTEE NEEDS YOU!

We are looking for willing trusted servants who want to be part of a team that enjoys serving the South Coast Area by helping fill literature orders once a month. Arrive at 6:00 on any Area Sunday to train and help us out! This is a busy, fun, and important job with opportunities for growth!

## PHONE LINE VOLUNTEERS NEEDED - SUPPORT THE NA HELP LINE

We meet the third MONDAY of every month at 5:30pm @ Academy of Defensive Driving  
31726 Rancho Viejo Rd, Ste 120, San Juan Capistrano, CA Contact Public Information (PI) Chairperson



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:** Nancy ..... chairperson@southcoastareana.com
- Vice Chair:** Clint ..... vicechair@southcoastareana.com
- Secretary:** Eric ..... secretary@southcoastareana.com
- Alt. Secretary:** OPEN POSITION
- Treasurer:** John ..... treasurer@southcoastareana.com
- Alt. Treasurer:** Ryan
- Parliamentarian:** Robin
- RCM:** Taro .....rcm@southcoastareana.com
- Alt. RCM:** Keane
- Literature:** Steve ..... literature@southcoastareana.com
- Alt. Literature:** OPEN POSITION
- Youth Liaison:** OPEN POSITION
- Phone Lines:** Mike H. .... phonedlines@southcoastareana.com
- Webmaster:** Pete D. .... webmaster@southcoastareana.com
- Clean Sheets:** Jason S. .... cleansheets@southcoastareana.com  
Meets 1st Sunday of the Month • 5pm  
CALL Jason 949-412-6934 for Location
- Activities:** Michelle T ..... activities@southcoastareana.com  
Meets 2nd Sunday of the Month • 5pm  
CALL Michelle 949-293-2547 for Location
- Hospitals & Inst.:** Shawn B ..... hni@southcoastareana.com  
Meets Last Sunday of the Month • 4:30pm  
The Effect Church, 27122 A Paseo Espada  
Ste 904, San Juan Capistrano, CA
- Public Info.:** Mike H. .... publicinfo@southcoastareana.com  
Meets 3rd Monday of the Month, • 5:30  
Call for Location 800-333-3610

## UPDATED MEETINGS LOCATIONS / TIMES

WEDNESDAY 6:30

SUNSET BONFIRE IS NOW SOUTH OF PEDESTRIAN OVERPASS ON PCH

THURSDAY 8PM

A BETTER PERSPECTIVE (C-D-P-ROTATING FORMAT)  
SAN CLEMENTE PRESBYTERIAN CHURCH  
119 AVENIDA DE LA ESTRELLA, SAN CLEMENTE, CA  
ROOM 208 (LOCATED UPSTAIRS BEHIND TGIF LOCATION)

## Regional & Area Websites, Links, Helpline Numbers

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|--|---|
| <b>South Coast Area NA</b><br>Helpline: (800) 333-3610<br>www.southcoastareana.com | <b>NA World Service</b><br>(818) 773-9999<br>www.na.org               |
| <b>Orange County Area NA</b><br>(714) 590-2388<br>www.orangecountyna.org           | <b>Línea Telefónica en vivo</b><br>(888) NAAHORA or<br>(888) 622-4672 |
| <b>Southern California Regional NA</b><br>(800) TODAY NA<br>www.todayna.org        |   |



# NA HELPLINE 800-333-3610

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